

6-28-2006

Arbiter, June 28

Students of Boise State University

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The Arbiter

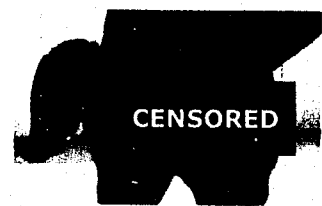
FIRST ISSUE FREE
WEDNESDAY JUNE 28 2006

THE INDEPENDENT STUDENT VOICE OF BOISE STATE SINCE 1933

ISSUE 64
VOLUME 18

NEWS

PAGE 3



The Arbiter's "Get Oriented" issue gets attention from a local news station for some comments that may have "crossed the line."

OPINION

PAGE 5



Cultural Center coordinator Ro Alvarado-Parker asks if a license plate can be unintentionally racist?

CULTURE

PAGE 8

Lindsey Parker finds that artist within herself at the Boise Spectrum's "Artist For a Day."

SPORTS

PAGE 10

Boise State's head strength and conditioning coach Tim Socha talks about the summer training exercises for the football team, team nutrition and handling his new position.

ONLINE

Post your comments online at:
WWW.ARBITERONLINE.COM

Watch KIVI Channel Six's news report on The Arbiter's "Get Oriented" issue.

ON CAMPUS

Boise State University's student radio station has re-launched as University Pulse, with programming on AM 730 from noon to midnight on Sundays. The current program lineup is an eclectic mix of music and talk. Check it out on-line. The station is funded by a \$2-per-student fee, which was added this spring. Students can apply to host their own shows by contacting Christian Belden at christianbelden@boisestate.edu.

Location: AM 730
Time: 12:00 p.m. - 12:00 a.m.
Sundays

CONTACT

NEWS
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news@arbiteronline.com

OPINION
(208) 345-8204 x 112
letters@arbiteronline.com

CULTURE
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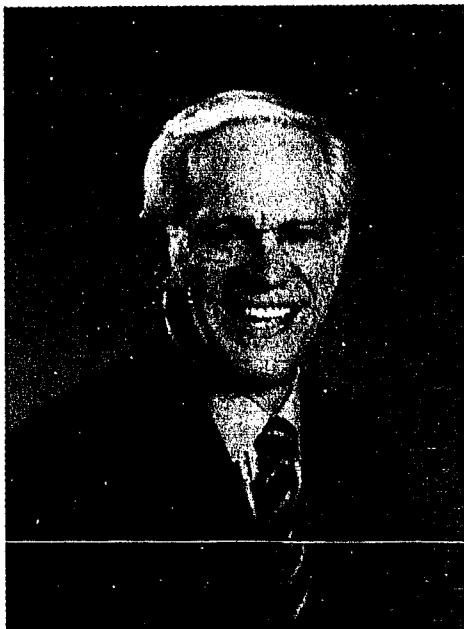
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State Board of Education increases pay, changes policy for state college presidents

BY MICAH MCLAUGHLIN
News Writer

The Idaho State Board of Education recently approved a pay increase for the presidents of state colleges and universities, and also changed its policy on



how those presidents will be paid.

The new policy provides that state college system presidents will be paid only with state dollars. Previously, presidents have been paid with state dollars and with dollars accumulated by the universities themselves.

Luci Willits, the communications officer for the State board of Education, said that the main reason for the policy change was to provide clarity for the people of Idaho.

"The reason is to give the public a true idea of what they're making," Willits said. She continued to explain that in the past the public has only seen the amount paid by the state and not that paid by university organizations.

While the monies come from a different location, Willits said that it will not affect taxpayers and that state college system presidents' pay will be taken from the budgets allotted to each president's respective school.

In other words, Boise State President Bob Kustra's pay will be taken from the state monies allotted to BSU. That amount will total \$261,262 and does not include his housing stipend or the cost of providing him a university vehicle.

His pay is up about 5.4 percent from last year, while most state employees average a 3 percent annual increase in wages.

"You have to be competitive," Willits said as she explained why university presidents are paid so highly.

She said that there is a certain amount of financial incentives that have to be offered in order to obtain good leaders.

"There is a lot of responsibility placed on university presidents," Willits said, "when you hire a university president you're not just hiring an academic leader—you're hiring a community as well as a state leader."

According to Willits the pay corresponds with the expectations, "Our university presidents are paid so much and ... we expect great things from them."

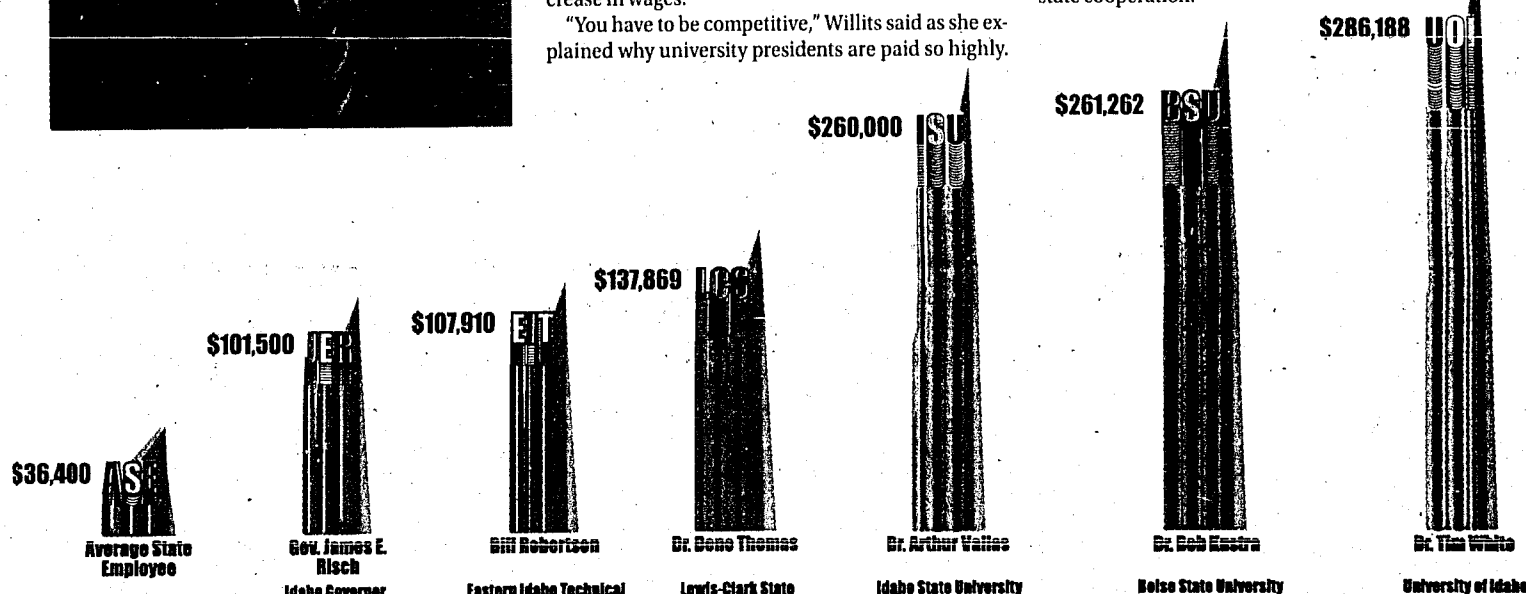
Kustra became the sixth university president on July 1, 2003, replacing President Charles Ruch. The State Board of Education set his salary then at \$162,000.

Kustra received his Ph.D. in Political Science from the University of Illinois, and held faculty positions at University of Illinois-Chicago, Northwestern University and Loyola University.

He served as a member of the Illinois House of Representatives from 1980 to 1982, and as an Illinois State Senator from 1982 to 1990.

From 1990 to 1998, Kustra served as Illinois Lieutenant Governor, and then was hired as president of Eastern Kentucky University.

In 2001, Kustra left ECU to be the president of the Midwestern Higher Education Commission, an organization of 10 states seeking to advance higher education through resource sharing and interstate cooperation.



Average State Employee Wages vs University Employee Wages

Top 10 Boise State University paid employees*

Chris Peterson,
Head Football Coach: \$400,000

Bob Kustra,
University President: \$261,262

Greg Graham,
Head Basketball Coach: \$244,067

Eugene Bleymaier,
Athletic Director: \$220,001

Sona Andrews,
Vice President, Provost: \$165,007

Richard Frisch,
Vice President: \$165,006

Cheryl Schrader, College of Engineering/
Administration: \$162,843

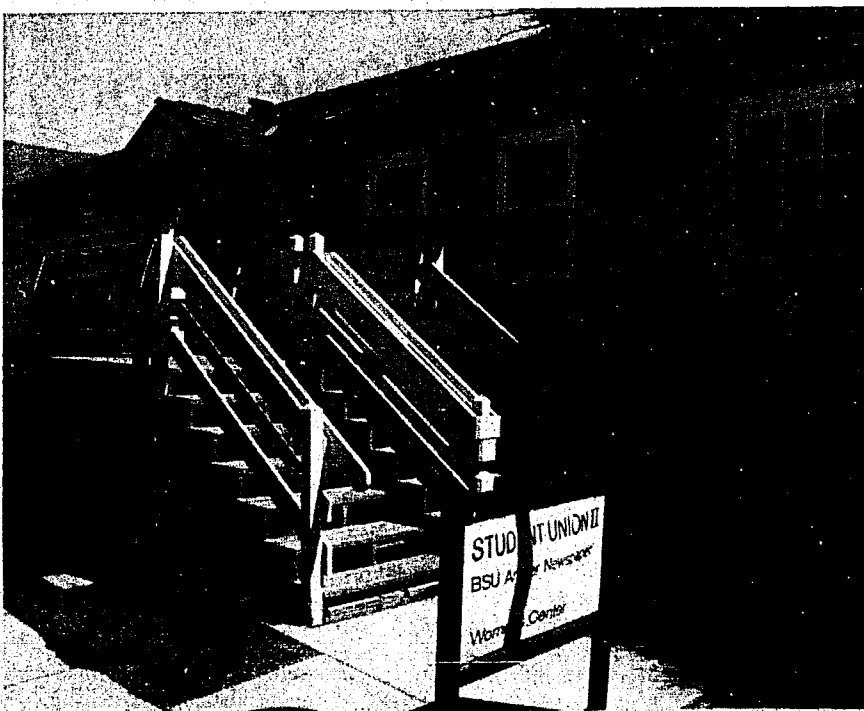
Stacy Pearson,
Vice President: \$142,001

David Steadman,
Manager: \$139,921

Vince Serio,
Manager: \$137,384

*Excludes bonuses and
housing/vehicle stipends

Returning women connect with mentoring program



BY CRYSTAL KUPPER
Special to the Arbiter

Imagine you are a woman in your late twenties with some college experience and a young child. You have recently gone through a transitional phase and are contemplating going back to school, but who will take care of your child? How will you pay for your courses? Will you fit in amidst thousands of younger, childless, and seemingly carefree students?

Former Women's Center coordinator Melissa Wintrow heard questions like these every semester from women who wanted to enroll at Boise State after an interruption in their formal education. One afternoon, she saw a woman on the couch at the Women's Center with her head in her hands, anxious about getting involved in college life again.

"She looked so distraught and kept asking, 'How am I going to do this?'" Wintrow said, "I knew something had to be done."

Wintrow, who now works as a director for BSU's Student Housing Department, helped

launch a pilot plan in the spring of 2001 called the Returning Women's Mentoring Program. This program connects returning female students who have had a three-to-five year break in their schooling with a female mentor at BSU. The mentors, who are students themselves and must be familiar with BSU and its resources, meet weekly with their "mentees," as the Women Center calls them, and serve as a source of information, referrals, and emotional support.

"I thought it would be neat to have an RA-type program," said Wintrow, who has previously worked as a resident assistant for young students living in BSU dormitories. "Having a mentor is like having an RA, except they don't live with you."

Women's Center graduate assistant Kimberly Bickley served as coordinator of the program last semester. She supervised, assisted, and followed up with the 10-15 mentors and 20-30 mentees the program welcomes every semester. To date, RWMP has linked 220 women returning after life changes such as divorce, retirement, or es-

See Mentoring [page 4]

THE HEADLINES

World/National/What the? stories courtesy of KRT Campus Wire Services unless otherwise credited. Local/BSU stories are courtesy of the Boise State Web site at www.boisestate.edu. All stories are compiled by News Writers.

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UNIVERSITY

making connections

world

U.S. deaths in Iraq reach 2,500

BAGHDAD, Iraq - The U.S. death toll in Iraq reached 2,500 on Thursday June 15 as American forces remained locked in a bitter fight against insurgents and foreign terrorists.

The Pentagon also reported that 18,940 U.S. service members have been wounded in the war to topple Iraqi leader Saddam Hussein, which began more than three years ago and has left tens of thousands of Iraqis dead.

Meanwhile, an American general said coalition forces had killed 104 insurgents in 452 raids since terrorist chief Abu Musab al-Zarqawi was killed June 7 in a U.S. bombing raid.

Maj. Gen. William Caldwell, a coalition spokesman, said the name of the man whom the American military had identified as Zarqawi's successor, Abu Ayyub al-Masri, probably is another name for Abu Hamza al-Muhajir, the man whom a Web posting Monday by the group al-Qaida in Iraq named as the successor. Both names probably are aliases. Abu means "father of" in Arabic, and al-Masri means "the Egyptian." The other name, al-Muhajir means "the emigrant."

Al-Masri is an Egyptian who joined Islamic Jihad in 1982, a terrorist group formed by al-Qaida No. 2 Ayman al-Zawahiri. Masri went to Afghanistan in 1999, where he became an expert in making car bombs, Caldwell said.

Though it's unclear when they met, al-Masri and al-Zarqawi trained together at al-Faruq in Afghanistan, Caldwell said, which is a terrorist training camp operated by Osama bin Laden.

Al-Masri made his way to Iraq after the fall of the Taliban in 2001 and is thought to have fought U.S. forces during the siege of Fallujah in 2004. He later operated an al-Qaida cell in Baghdad and was known as the "Emir of southern Iraq," Caldwell said.

He said al-Masri probably would continue the tactics his predecessor had used. American military forces blamed the Jordanian-born al-Zarqawi for suicide bombings, beheadings, and sectarian killings meant to provoke civil war between Iraq's majority Shiite Muslims and minority Sunni Muslims, from whom the insurgency draws most of its support.

"Nothing indicates to us that he will do differently, because he has been in this country for over three to four years now," Caldwell said. "For him to make a change, there is nothing that shows or reflects that he would do that." Caldwell said coalition forces would continue to try to eliminate al-Qaida in Iraq by going after its midlevel leaders.

With a nightly curfew in effect and tens of thousands of Iraqi and U.S. troops on the streets of Baghdad, a new security crackdown announced by Prime Minister Nouri al-Maliki appeared to have curbed violence. No car bombs were reported in Baghdad on Thursday, a rare occurrence in the Iraqi capital, but it remained unclear what long-term effect the tighter measures would have.

Similar crackdowns in Baghdad including Operation Thunder, launched in May 2005, haven't ended insurgent attacks and suicide bombings.

national

Cyanide plot aborted

WASHINGTON - Al-Qaida decided not to launch a deadly cyanide gas plot in New York's subways because it wouldn't have killed enough people, according to the author whose bombshell book revealed the frightening scheme.

"Al-Qaida's thinking is that a second-wave attack should be more destructive and more disruptive than 9/11," writer Ron Suskind said in an interview with Time magazine. "Why? Because that would create an upward arc of terror. ... that fear and terror is a central goal of the al-Qaida strategy."

News of the 2003 plot to use homemade cyanide bombs, the details of which have been confirmed by the New York Daily News, was first revealed Friday in excerpts from Suskind's book, "The One Percent Doctrine."

The plot, purportedly masterminded by al-Qaida's ringleader in Saudi Arabia (Yusuf al-Ayari) involved planting crude but effective cyanide canisters around the subway system before the start of the Iraq war.

Sen. Pat Roberts, chairman of the Senate Intelligence Committee, wouldn't confirm that al-Qaida's No. two leader, Ayman al-Zawahiri, called off the attack just 45 days before its execution because it would not be spectacular enough. But Roberts, R-Kan., said the premise that Zawahiri pulled the plug "was correct."

"I think, when any terrorist considers an attack they also consider the public reaction," Roberts said on CNN's "Late Edition" Sunday.

City and federal officials learned of the plot from an al-Qaida mole dubbed "Ali" and beefed up security around the subways in hopes of heading off the strike, which could have killed hundreds.

The plot "underscores the stupidity" of the Homeland Security Department slashing the city's anti-terror funding by 40 percent, said Sen. Charles Schumer, D-N.Y.

Rep. Pete King, R-N.Y., chairman of the House Homeland Security Committee, agreed. "It's just madness that (the Homeland Security Department) cut New York City's funding by 40 percent," said King, who will put department officials on the hot seat before his committee Wednesday.

If Zawahiri did squash the gas attack because it wouldn't be deadly enough, that boosts the argument that federal authorities should not be spreading security dollars around the country in places such as Louisville, Ky., and Omaha, Neb., which saw major hikes in funding. Only in places such as New York and Washington can terrorists hope to raise the ante from Sept. 11, King said.

"Some of these other cities just aren't going to get hit," he said.

When President Bush learned the cyanide plot had been nixed, according to Suskind, Bush said: "This is bad enough. What does calling this off say about what else they're planning? ... What could be the bigger operation Zawahiri didn't want to mess up?"

Cher pitches in

Cher, 60, who says she's antiwar but pro-troops, has been lobbying for more effective helmets for U.S.

soldiers in combat.

The singer, who spoke to CNN's Anderson Cooper for a "360" episode, has also donated \$130,000 to Operation Helmet, which pays about \$100 to modify soldiers' helmets so they better protect against the shock from a bomb blast. "It just makes you feel like this is the right thing to do. This is the American thing to do," she said.

local/bsu

Boise State promotes Wheeler to Associate VP

Mark Wheeler, dean of enrollment services at Boise State University since 1997, has been promoted to associate vice president for student affairs/dean of enrollment services, officials announced this week.

Wheeler, who has also served as Boise State's interim vice president of student affairs for the past year, joined the university in 1990 as an admission counselor and since then has served in various capacities in the student affairs division.

His past positions include assistant dean of admissions from 1995-97 and interim registrar from 1997-98. He has chaired or co-chaired five university committees and has served as president and vice president of the Idaho Association of Collegiate Registrars and Admissions Officers.

Before joining Boise State, Wheeler was an admissions and financial aid counselor for Lewis-Clark State College and spent two years in the newspaper business, serving as the news editor for the Post Falls Tribune. Wheeler earned two degrees from Boise State: a master's of public administration degree in 1996 and a bachelor of arts in English in 1989.

what the?

Come back here!

A woman dropped off her infant grandson at a home in Omaha, Neb., mistakenly thinking it was her daughter's day care provider. She gave the child and a diaper bag to the woman who answered the door and left. The second lady called the authorities, and the child was ultimately reunited with her mother.

Let's settle this ... EN GARDE!

A woman was waiting for a space to open up in the parking lot at the Wal-Mart in Jacksonville, Fla., when another woman pulled around them and drove into the space. The first woman, carrying her cane, got out of her car to discuss the matter in a calm and dignified manner. Receiving no satisfaction, she pulled out the sword hidden in her cane to make her point more forcefully. Police involvement resulted.

What's this charge for Madam Zena's House of Pleasure?

While on an out-of-town athletic conference, a California high school coach decided to patronize a house of prostitution. He got caught because he paid the bill with the school's debit card.

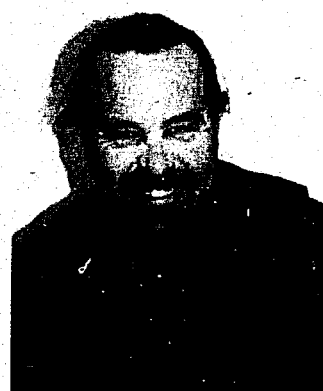
Arbiter Advertising Executive named Salesman of the Year

BY MICAH MCLAUGHLIN
News Writer

College Newspaper Business and Advertising Managers' Inc. has named the Arbiter's Advertising Executive, Dwight Murphy, the 2005-2006 Account Executive of the Year.

Originally awarded second, he said he received a call from Brad Arendt, the Arbiter's general manager, about a week later to let him know that there had been an error and that he had won first place.

"I was standing between the Math/Geosciences Building and ... the Business building," said Murphy, "I'm sure anybody clear over ... to the [Taco Bell Arena] heard me. I was so excited."



Murphy said just being himself is what got him first place.

According to Murphy entries were rated on sales, letters of recommendation, presentation of

paperwork, and an explanation of their sales philosophy.

He said that his philosophy is really simple.

"Advertising is something that anybody and everybody needs," said Murphy, "there's an ad placement for every client but it's a matter of paying attention to where they should be."

"You may not sell them an ad all year long," continued Murphy, "but all of the sudden there's going to be that one time that comes around and you've got them."

Murphy was also named the Arbiter's General Staff Member of the Year for 2005-2006 this spring.

CNBAM is an organization that includes over 130 student newspapers from around the country and holds annual award ceremonies.

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Non-newsworthy news



"Here's to you, Mr. Hotdog man!"

BY CHAD MENDENHALL
News Editor

Commotion defines July. School is out, summer advances, and the weather beckons outdoor activities. As one strolls through the neighborhoods during the month of July a sweet and overwhelming scent of grilled hotdogs, hamburgers, and ribs assault the senses with an appealing aroma that will make anyone's mouth water.

The Declaration of Independence, adopted July 1776, pronounced the independence of the United States of America from Great Britain. This national holiday is celebrated with fireworks, family reunions, barbecues, and parades.

The song "Take Me Out to the Ball Game" is shouted from every baseball stadium across the nation as Major League Baseball's season develops and fans prepare for the All-Star Game.

During July's commotion the only relief from nagging relatives you haven't seen in years, baseball pandemonium, dodging stray fireworks, and trying to avoid high school sponsored car washes on every corner of every street may simply be found in your local grocery store.

July is National Hot Dog Month.

The National Hotdog and Sausage Council estimates that Americans eat approximately 20 billion hot dogs every year, which means the average Arbiter reader will consume nearly 67 hot dogs this year.

Hotdog manufacturers calculate that an average of 38 percent of hot dogs are sold annually between Memorial Day and Labor Day, while ten percent of annual retail hotdog sales occur during July which is why The United States Chamber of Commerce officially designated July as National Hot Dog Month in 1957.

Americans will consume almost 27.5 million hot dogs in major league ballparks this year. Dodger Stadium alone plans to sell almost 2 million hot dogs this season.

July truly is one big hot dog fest.

The hot dog's history and evolution is just about as clear as a river of mud. In the ninth century B.C. Homer's "Odyssey" mentions a roasted sausage filled with fat and blood, but a sausage like that hardly reflects the billions of hotdogs consumed today.

One legend claims that "little-dog" sausages were created in the 1600s by a German butcher, and by the 1850s the Germans produced thick, soft, greasy sausages called "franks."

Another legend points to the term "wiener" where the people of Vienna (Wien), Austria maintain their claim as the origin of the hot dog in 1805.

The evolution of today's hot dog is probably a combination of hot sausages, wienerwursts, frankfurters, and dachshund sausages, but these various meats didn't become hot dogs until they were placed in a bun.

In the 1880s the hot dog was born when a German vendor sold his sausages in St. Louis, Missouri. They were so hot that he supplied customers with white gloves so they wouldn't burn their hands. His wife recommended that the sausages be placed in a split bun, thus the birth of the hot dog and its bun.

In 1939 President Franklin D. Roosevelt and his wife, Eleanor, entertained King George VI and his queen, Elizabeth II, with a picnic at their estate in Hyde Park. Roosevelt wanted to introduce an American dish to the royal family, so he placed hot dogs on the menu.

By the 1990s the wienerwurst was commonly known as the "wiener." The longest hot dog ever measured was 57.5 feet.

Perhaps author Lawrence J. Peter summed up the hot dog best when he said, "The noblest of all dogs is the hot dog; it feeds the hand that bites it."

The Arbiter raises some heads

BY CHAD MENDENHALL
News Editor

The Arbiter's Orientation Issue made the local top story with KIVI-TV Channel 6 on July 14 over some content they said may have

"crossed the line."

The front cover of the issue contained a map that pointed out a few common buildings which new students would frequently use during their first few semesters at Boise State.

In describing the Business Building, The Arbiter made reference to the "bucking bronco with the huge erection."

According to KIVI-TV's report this statement drew considerable attention.

"I was appalled at two of the building descriptions...first, there was no need to mention the bronco statue's member. Second, STDs are not 'fine diseases.' I am sure that whoever created this...was trying to incorporate some humor, but there are other, more congruous ways to joke. This was an inappropriate way to introduce people to our campus and its services," wrote one online post.

Alfred Kober created the bronco, named "Spirit of the Broncos," in 1970 for Boise Junior College's new Business Building under the request of former College President

John B. Barnes.

"I was a little shocked when I turned on the news and found that I had made a piece of pornography," Kober said.

Kober, a former art professor at BSU for 31 years, said the description didn't upset him, but he wanted to clear up any misconceptions concerning his art.

"That is not an erection. That is the anatomy of a horse, and whom ever wrote that article must have been very naive," Kober said.

KIVI-TV's reporter who covered the story, Edmundo Aguilar, said they couldn't find anyone on campus that was really upset because of the description.

"People found it funny more than anything else," Aguilar said.

The other two buildings that grabbed KIVI-TV's attention were the Health, Wellness,

and Counseling Center and the Education Building.

"Get your STDs checked out here as well as many other fine ailments," said the article of the HWC.

In describing the Education Building the article said, "If you're a single man or woman you want to hang out here. All the hot soon-to-be teachers and nurses congregate in this building. Or if you just want a six-inch turkey on wheat from Subway. Either way, this building offers both."

"It was meant to be funny," Arbiter Editor-in-Chief Drew Mayes said.

"We're just trying to stay relevant to our audience and we may push the envelope every once in a while to do that. I'm sure it won't be the last time we raise a few eyebrows in the community."



Alfred Kober's sculpture "Spirit of the Broncos" caused a controversy in the community because it is anatomically correct.

PHOTOS BY ALICE SCULLY/THE ARBITER

Campus Crime

5/15/06 - Malicious Injury to Property - Two individuals were involved in an argument at a residence near campus during which one of the individuals destroyed the other's cell phone. Report taken.

5/22/06 - Malicious Injury to Property - Metal plate attaching a lever handle to a door at the Science Nursing Building was pried in an attempt to remove the handle from the door. Report taken.

5/22/06 - Malicious Injury to Property - The front passenger window of a vehicle parked in the parking lot of Morrison Hall was smashed. Report taken.

5/22/06 - Grand Theft - A report of items stolen from a hotel room back in February included a BSU laptop computer. Report taken.

5/23/06 - Bike Theft - Locked bike was stolen from a rack at Village. Bike later found by owner, but it had been rendered unusable. Report taken.

5/27/06 - Warrant Arrest - Subjects in a car stopped at Juanita and Boise were arrested on warrants. Report taken, subjects arrested.

6/3/06 - Petit Theft - Toolbox and storage bin were taken off a rack on the back of a vehicle parked at the University Square Apartments. Report taken.

6/3/06 - Petit Theft - Wallet containing ID, insurance cards, and debit card was taken from a room at the University Square Apartments. Report taken. Victim called back on 6/5/06 and reported that all his belongings were found and returned.

6/3/06 - Petit Theft - Unknown suspect(s) took an unattended briefcase from outside the Student Union Building. Report taken.

6/6/06 - Possession of Controlled Substance/ Possession of Concealed Weapon - Subject was stopped while

walking w/ an open container. Upon search, other items were found. Report taken. Subject arrested.

6/7/06 - Malicious Injury to Property - Suspect kicked and broke two sprinkler heads on the lawn between Extended Studies & Grant Modules. Custodian witnessed and identified suspect. Report taken and citation issued.

6/7/06 - Possession of Stolen Property - Suspect was found in the Multipurpose Building using a stolen computer. Report taken and arrest made.

6/9/06 - Malicious Injury to Property - Unknown suspect threw a rock through a large window on the Business Building. Report taken.

6/12/06 - Bike Theft - Bike lock was cut and bike and lock were taken from a bike rack at the Math Geo building. Report taken.

6/13/06 - Bike Theft - Bike lock was cut and bike and lock were taken from a rack at Morrison Hall. Report taken.

6/18/06 - Burglary - C Store in the Student Union Building was broken into and several food items were stolen from Aramark. Report taken.

6/18/06 - Bike Theft - Two bikes that had been locked together in a bike rack at the library were stolen. Report taken.

6/19/06 - Vandalism - A construction trailer that was left parked over the weekend at the Student Union had its tires punctured with long screws. Report taken.

6/19/06 - Burglary - Unknown suspect entered a dorm room at the Towers and stole money from a wallet of the resident. Report taken.

6/20/06 - Bike Theft - Unlocked bike was taken from a rack near the Math Geo building. Report taken

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May 15, 2006

June 20, 2006

Part-time students will pay up front for better health

BY RYAN RASMUSSEN
News Writer

Full-time students for fall and spring semesters that want to get a jump on their academics by taking summer classes part time at Boise State will need to pay more out of their pockets if they still intend to use Boise State's Recreation Center and Student Health Insurance Plan.

Students planning to keep in shape over the summer by using the Recreation Center but are giving their brains a little vacation have to pay extra, whereas students who are full time over the summer are not charged to use the facility.

The BSU Recreation Center's web site says they will charge students \$45.50 for the summer, even if they are full-time students next semester. If their spouse is not currently enrolled at BSU and wants to use the facility they will need to pay a summer fee of \$91.00.

Part-time students are also not insured under SHIP as where full-time students are, for reasons decided a few years ago.

In 2003 and the years prior people were enrolling in just one class in order to get the insurance rate with no intention of seeking a higher education. That in turn raised the premium for the real students,

causing them to pay more for their insurance.

"People were taking only one class for the lower insurance rate. These people tended to be older people with poor health...we decided that we didn't think that it was fair for the students who were here to get a higher education that they should pay a higher premium that kept going up due to the people enrolling for the sole purpose of getting student health coverage rather than a higher education," said SHIP Manager, Pat Branson.

Full-time students enrolled in at least 8 credit hours are required by the Idaho State Board of Education to have adequate insurance, which is why every semester a student registers for a full time schedule they are charged for the SHIP unless they present a waiver that proves they have other insurance that meets those same standards as the insurance provided by BSU.

For the students who are actually working for a degree and need some coverage, but are only able to go part-time, Benson recommended a local agent, Tim Hefner, who works closely with BSU to offer affordable rates to students, that can be purchased for semester blocks.

For further student insurance information contact Pat Branson at pbranson@boisestate.edu or 426-2158.

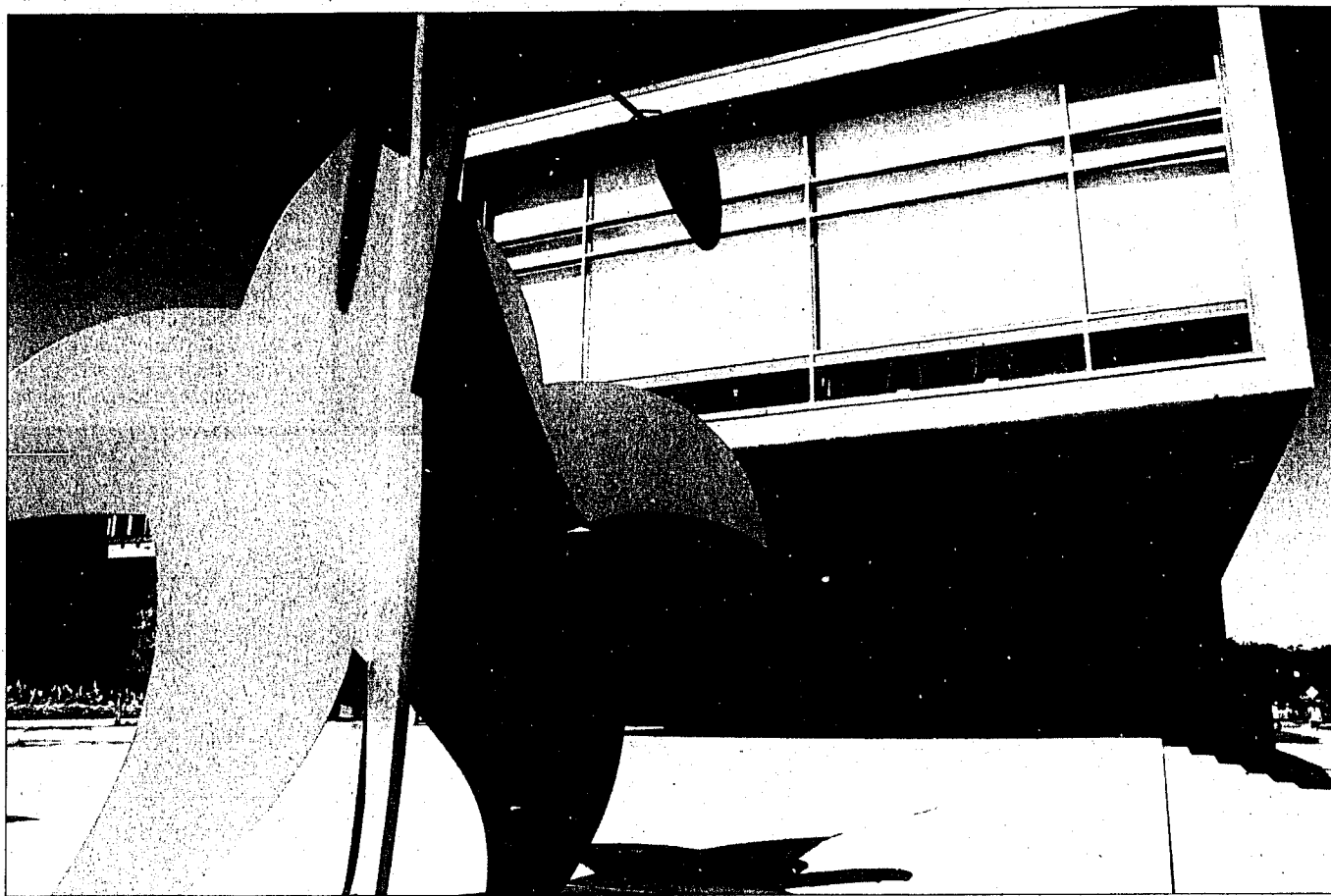


PHOTO BY ALICE SCULLY/THE ARBITER

Fall full-time students will be charged to use the Recreation Center for the summer.

State Board Of Education Approves Two New Master's Degree Programs At Boise State University

COURTESY OF BOISE STATE
NEWS SERVICES

TWIN FALLS — The Idaho State Board of Education approved two new master's degree programs at Boise State University at a meeting in Twin Falls June 15.

The first students will be admitted in Fall 2006.

The newly-approved programs are a master of science in hydrology and a master of education in educational leadership.

Seventy master's degree programs are now offered at Boise

State, including the two programs approved June 15. Boise State also offers three Ph.D. programs, one Ed.D. program, 11 graduate certificate programs and 97 baccalaureate degrees.

"The addition of two new master's programs to Boise State's graduate program array is yet another indication of the strong quality of our faculty and the readiness of the university to take on the important role of graduate education and a commitment to research excellence," Provost Sona Andrews said. "We have been methodical and

selective on advancing our graduate education and research mission," Andrews added.

"These programs represent areas of existing strength, the potential for growth, and the ability to have local and regional impact."

The M.S. in hydrology formalizes a research focus and set of electives that have long been part of the university's existing M.S. program in geology.

The program focuses on the scientific principles governing the movement of water and waterborne material through natural

systems, the interaction of water with geological and biological systems, and tools to quantify and predict those interactions.

While the program is centered in the Department of Geosciences, it will draw on additional faculty expertise in the Department of Civil Engineering, the Department of Biology and the Department of Mathematics.

A new M.Ed. in educational leadership will graduate candidates who qualify for certification as school principals by the state of Idaho and who will be highly quali-

fied to perform new leadership functions required in today's educational systems.

The program will integrate theory and practice and classes will be taught in a variety of settings, including on-campus, off-campus or a combination approach.

Boise School District Superintendent Stan Olson said that he strongly supported the new educational leadership program approved today.

"As the next major wave of our school personnel begin their preparation for school and district lead-

ership and seek to master the new and essential skills of the field, it is the right program at the right time and for all of the right reasons," Olson said.

According to Meridian School District Superintendent Linda Clark, the new M.Ed. program "is grounded in an innovative and hands-on approach to the training of school administrators in Idaho that will provide them with opportunities for the direct application of theory — something that is not available in current educational leadership programs."

Mentoring

[from page 1]

capas from abusive relationships, with 102 mentors.

According to the Women's Center's Web site, "Mentors are valuable campus leaders who can help create a welcoming environment for new students in efforts to ease their transition and increase the likelihood of

retaining them." The mentors, who can earn one academic credit per semester for their work, participate in four training seminars and meet throughout the semester.

"We are always looking for stu-

dents to be mentors," Bickley said. "It's a rewarding way to give back to the campus community and possibly earn some internship credit. Not to mention, it's pretty fun."

A critical component of RWMP is the Returning Women's Discussion Group. This group meets every other week over lunch to educate the women on campus resources. Additionally, it serves to create a network of women who encourage each other in their academic pursuits. The club is open to all students and serves both past and current RWMP participants.

Jenna Clark, administrative assistant at the Women's Center, is an officer in the Returning Women's Discussion Group. Clark discovered RWMP through the Women's Center's Web site when she decided to come back to college after several years of working in retail management.

"Having an instant connection to at least one person on campus who cared about my success was wonderful," said Clark, who has been both a mentee and mentor in RWMP.

Clark, a native of Sitka, Alaska, and a social science major at BSU, decided to resume college after a divorce and the birth of her daughter.

"It was a huge leap of faith," Clark said. "I was a bit apprehensive at first. I felt like I had nothing in common with the average college student. Boise State can be intimidating to an incoming student, particularly those of us who don't fit the 'traditional' student profile."

Thanks in part to RWMP, Clark has received practical and emotional support both as a student and as a single parent of a four-year-old with cancer, she said. She recently received two scholarships stemming from her work with the mentoring program that will enable her to complete her bachelor's degree and perhaps go on to graduate school.

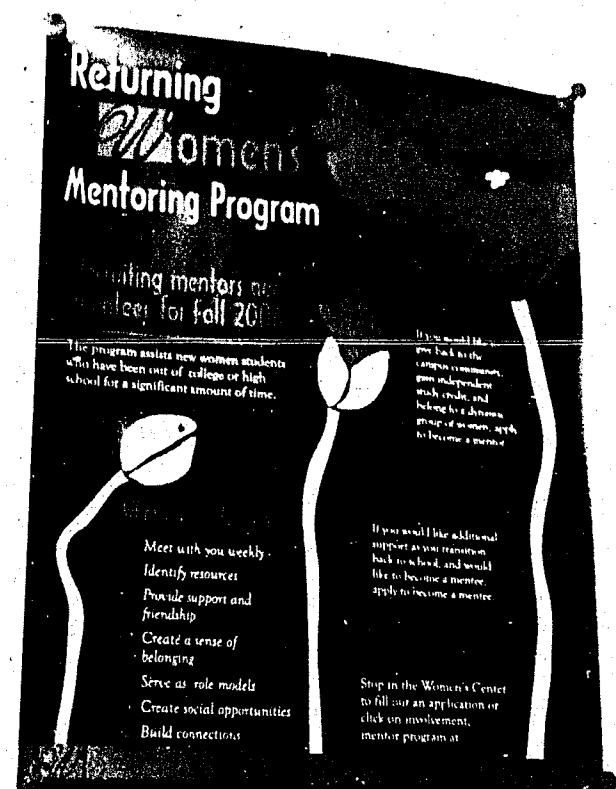


PHOTO BY ALICE SCULLY/THE ARBITER

"It's been a difficult semester, but I've gotten so much support from both my colleagues [at BSU] and the friends I've made that I was able to stay in school," she said.

Current Women's Center coordinator Wanda Viento sees great value in these support systems created by RWMP.

"A lot of these women returning to school have deep concerns," Viento said. "They have family issues, self-esteem issues in regards to school. They worry about being older. But connecting with others is empowering. You feel less alone and have a sense of 'Yeah, I can do this.'"

Viento, who has 20 years of experience as a social worker, hopes to see the program expand in the future to include faculty and staff as role

models and mentors. Adding these types of mentors, she said, may help students focus their goals and move along in their professional development.

Additionally, she hopes to see the Women's Center institute an ongoing relationship-maintenance discussion group. All of these factors help students remain in school and succeed, she said.

"People stay when they feel like they matter," Viento said. "It may seem simplistic, but it's so important."

For more information about the Returning Women's Mentoring Program, please contact the Women's Center at 426-4259 or visit their Web site at <http://womenscenter.boisestate.edu>.

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get your news culture sports opinion fill twice

The Arbiter

BOISE STATE'S INDEPENDENT STUDENT NEWSPAPER
at locations across campus

The way we see it You ain't seen nothing yet

Maybe we offended you with the front page of the June 14 issue. Or perhaps the finger shaking and 'tsk-tsking' commenced after viewing a particular Channel Six newscast. Either way, it should be devastatingly clear by now - The Arbiter has snapped off our sterile, stringent, orthodox (yawn) gloves this year. And after shedding our dainty shoulder pads- you might notice, we're no longer the powder puff newspaper you've become accustomed to.

What, did you think we were going to apologize?

In case you missed the upheaval we ignited around campus (and on the local evening news) - the front page of our Orientation issue noted some of the more prominent buildings on campus. In an effort to help our wet-behind-the-ear students navigate their new campus, we laid out important buildings, ranging from the Business Building with, "the bucking bronco with the huge erection" to the place you "get your STD's checked out" at the Health, Wellness, and Counseling Center.

Is it possible that in an effort to reach our readers (who average an age of 27) we added - GULP, a bit of humor to the paper? Is it also possible that with over 24,000 people reading our paper each week, we might, by some slim chance, offend a few once in awhile? Nah.

With a new regime of student leadership at the helm, The Arbiter is attempting to go where few college newspapers have had the audacity (or the balls, to accompany the huge erection) to go before. Though we'll maintain our journalistic excellence and unbiased authenticity, be warned - we're not afraid to make you laugh, cry or even a little pissed off once in awhile.

You'll notice this year we have a strong-willed, highly versatile Editorial Board who meets before each issue, and presents this editorial, "The Way We See It," which is more or less the newfound "voice" of The Arbiter. This board is a delectable mixture of one self-hating narcissist who just wants to be loved, a dash of head-strong opinionated lesbian, a pinch of a conceited-egotistical-blond bitch, a by-the-book-businessman, a newspaper traditionalist who is probably cringing as he reads this right now, and a man known only as the evil, right-wing hatermonger. However, this board barely touches the differing ideologies and viewpoints we have on staff this year.

And hey, if you don't like what you see, speak up son. Instead of being a white-knuckled, jaw-clenched reader, be a participation-er (and yeah, we can make up words too).

Don't like it? Do something about it. Give us your name; write a letter to the editor, do a pod-cast in the Fall, post your comments online or show us how it should be done by writing a weekly guest opinion.

In the meantime - start rallying the troops, grab the fine-tooth comb you always check us out with anyway and get an early start on those petitions ... because you ain't seen nothing yet.

The way we see it is based on the majority opinions of The Arbiter editorial board. Members of the board are Drew Mayes, editor-in-chief; Marcus Hackler, business manager; Heather English, production manager; Dustin Lapray, managing editor; Brandon Stoker, opinion editor; and Hadley Rush, multimedia producer.

Idaho license plate raises questions about institutional racism

BY RO ALVARADO-PARKER
Guest Opinion

Last month, I drove out of an apartment complex in Boise and spotted a license plate that had 3 sixes.

This captured my attention, and as I slowed to look I realize I was staring at a blatant racial epitaph.

I questioned how the Idaho Department of Motor Vehicles could let this one slip by?

It didn't take but a single glance for me to realize this racist epitaph is parked in plain view for all to see.

Secondly, why hasn't this plate been reported?

Have we become so engrained in thinking that this term is ok, or is the IDMV really this dense?

After hearing back from the IDMV, they tell us the "N666R" license plate is randomly generated. The "r" at the end denotes that it is a recreational vehicle.

Since they have been alerted, the IDMV has contacted the owners, who they say were surprised and not aware of the implications and the plate is being pulled and invalidated.

Some people say, "Well there you go, there was no racism involved in that." Perhaps no intentional racism, but there was racism at work here.

Not the cross burning variety of racism, rather a type of racism that is so engrained and institutionalized, that we do not readily see it. We tend to think that because we didn't mean something or we were not aware of it's offense, that it absolves us of the responsibility of perpetuating a thing. But this is where many do not see that anyone is capable of perpetuating racist behavior, even if they do not mean it or are aware of it.

The fact that there was lack of awareness on the part of the IDMV, and on the part of the recipient of the plate stems from people not understanding the importance of including perspectives other than the obviously dominant one.

While it is relieving that the plate was

not intentional, it is difficult to believe that the persons approving the plate couldn't see the offensiveness of their creation and that the recipients of the plate did not see it either.

This is clearly part of the unintentional racism that occurs daily by well-meaning people who do not realize why it could be seen as offensive, or people that just do not have the understanding of seeing things from a non-dominant view.

The feedback we got from people about this issue were all white and all

"It is difficult to believe that the persons approving the plate couldn't see the offensiveness of their creation and that the recipients of the plate did not see it either."

- literally on a daily basis - because the opportunities for this type of awareness come on a daily basis. The challenging part about this is the recipient's response. The usual reaction to this type

had a similar message "stop grasping at straws". Unfortunately this is what happens when an issue that conflicts with dominant views is raised and instead of trying to see why it is important to

non-dominant views, the tendency is to judge it through dominant value perspective.

This is what the Cultural Center works to raise awareness about

of awareness raising is defensiveness. But really by pointing these things out we hope to start a dialogue and get these issues out where people can talk about them and get different views on a topic.

We have not been taught to have these types of conversations respectfully, because they are uncomfortable and because we may tend to feel that anything that challenges our individual value system is a threat.

We propose that this reaction needs to change. Let's have respectful and informative exchanges that allow each of us to understand where others are coming from- without feeling as though the discussion itself takes away from our values and beliefs. And even if we do not agree with one another, at least each side is exposed to another perspective they might not have considered.

Ro Alvarado-Parker is the Boise State Culture Center coordinator



PHOTO COURTESY RO ALVARADO-PARKER

The politics of Islamophobia

BY MICHAEL MCLASKEY
Opinion Writer

With the Islamic Courts Union now in control of Mogadishu and all of Somalia, the U.S. State Department is showing an unprecedented amount of foresight in its worry that such an Islamic state could become a haven for terrorists, especially al Qaeda.

After all, our backing of Somali warlords is what brought about this takeover in the first place. It's evident that in the "battle for hearts and minds," we are losing.

This isn't the only statehood that our State Department is worried about; ever since the Hamas takeover of Palestinian politics, finding money for them has been a ruthless affair. It seems that democracy is not always in favor of an American interpretation.

To put it mildly, our foreign aid programs and diplomatic relations in the Middle East are lacking compassion. One look at the troubled region of Darfur in Sudan will attest to this fact, even as the U.S. worries over potentialities such as an Iranian or North Korean state armed with a nuclear bomb.

The Marine killings in Haditha could be attributed to this horrible lack of understanding as well, although I can't say I blame those men.

War is a nasty thing, I think we can all agree, and when you place a platoon's worth of testosterone in harm's way—not knowing who's a friendly and who's an enemy combatant—accidents are bound to happen.

What I can't stomach is the idea that representatives of our country in combat fatigues carried out a revenge killing after an IED took away one of their comrades.

The real problem we're facing is both a cultural divide comprised of religion and economics. In the late 1950s, William Lederer and Eugene Burdick wrote "The Ugly American," a novel about our ambassadors and diplomats in Southeast Asia trying to sell the locals on American democracy while the Communists were vying for the same control.

While our representatives—in the book—sat back and enjoyed the leisure an American dollar could buy in an impoverished nation, the Communists were building irrigation ditches, water treatment plants, etc.

I don't want to draw a dangerous parallel or invent one, but it seems to me that history is once again repeating itself. What benefits can American democracy offer predominantly Islamic nations?

I seriously doubt their freedom of

choice would entail Internet porn or abortion. What kinds of examples have the United States provided that would entice the Middle East to democracy? Credit card debt, MTV or how about outrageous fuel consumption?

The problem is our sort of democracy, without the infrastructure or affluence to go along with it, is a sick joke to play on other parts of the world.

Showing off our money to people who have none, and expecting them to follow our example, without the necessary infrastructure or concomitant freedoms we enjoy as Americans is nothing more than foolish, wishful thinking.

Until we can focus more of our efforts on building up other states, instead of telling them how they should be more like us, we will continue to inspire enmity halfway around the world, and the war on terrorism will be lost.

you should know

Guest opinions of no more than 500 words may be submitted for publication on any topic. Letters to the editor must not exceed 300 words and must include the writer's full name, city, state and major (if applicable). All submissions are subject to editing. Both

guest opinions and letters to the editor may be sent via e-mail to letters@arbiteronline.com. The Arbiter cannot verify the accuracy of statements made in letters to the editor; they reflect the opinion of the writers. Opinions expressed by guest and staff

columnists reflect the diversity of opinion in the academic community, and often will be controversial, but they do not represent the institutional opinion of the Arbiter or any organization the author may be affiliated with unless it is labeled as such.

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CULTURE

LOCALLY
GLOBALLY

WHAT'S HOT
WHAT'S NOT
IN ENTERTAINMENT



BY DANIEL KEDISH
Culture Editor

Globally

HOT Journalist Entertainment

Each year new themes appear in entertainment. We've seen the boxing stage with "Million Dollar Baby" and "Ali," and then we've seen the animation stage with "Shrek" and "Finding Nemo."

Today, the world of journalism is on fire when it comes to what's hot to watch. June 30th "The Devil Wears Prada" starring Anne Hathaway hits theaters adding to the trend of journalistic storylines.

In the past, movies with such themes gained instant fans, such as "13 going on 30" and "How to Lose a Guy in 10 Days." Well, not only are movies using journalism but even MTV is cashing in with their latest series "The Hills," following Lauren Conrad ("Laguna Beach"), as she embarks on life in Los Angeles working for Teen Vogue. Journalism is taking a major stand in the entertainment arena, and it's hot.

NOT Paris Hilton drops it like it's hot ... not

She's done it again. Paris Hilton adds to her accomplishments with her latest adventure in the music world.

If you listen to the radio, you can't help but pause in disbelief with the newest whiny sensation of the pop industry. Her latest single, "Stars are Blind," amazes listeners with the harsh reality that she can stay on key. With its laid back undertones, "Stars are Blind" may last a little while, but with constant exposure one will notice the lack of talent actually needed for the song.

As the song continues to make its debut, catch it while you can because everyone knows, making a single just because your name sells is not hot.

Locally

HOT Outdoor Entertainment

With summer officially beginning just a short while ago, now is the time to get outside and get active before it gets even hotter. Signing up for a couple 10k races here and there are a perfect way to add some fun to summer. Not only do you get some great exercise, but also races are great places to meet fellow athletes and enjoy the outdoors.

Other activities to take advantage of include paddle boating in Julia Davis Park, hiking at Camel's Back and strolling down the greenbelt.

NOT Drives in the North End

Going for a drive with some friends, turning the radio up and rolling the window down can make life just that much better, unfortunately driving through the North End doesn't help.

Speaking from experience, I must say that taking a spin through the gated communities of Boise is one eye-opening embankment, especially driving a 1989 Ford Bronco once used as a forest service vehicle, a.k.a. The Green Beast.

Making my way through the hills, it didn't take long to realize the Green Beast wasn't wanted. Following a train of BMWs and Lexus SUVs up the road, each pulled to the side to roll down their windows and give me the look that says "Get the hell out, your car depreciates my house."

Taking the hint I made my way out of Boise's high society with one lesson: judging people by vehicle is not hot and can ruin a drive all together. Next time, I'm headed south.

It's tres chic:



Barbara, Barbara and Company provides what serious fashionistas need



PHOTOS BY ALICE SCULLY/THE ARBITER

With a trendy assortment of clothing and high fashion influences from Europe and New York; Barbara, Barabara and Company provides downtown Boise shoppers with unique pieces and a fun shopping atmosphere.

BY FRANCY MARCOTTE
Culture Writer

My last downtown shopping trip was a mix of everything: fabulous, with a spoonful of chaos.

After making a stop for coffee, I realized that I had less than an hour left on my parking meter before my car was doomed to parking ticket hell. With that thought in mind and no extra change in my purse, I made a mad dash to my favorite store: Barbara, Barbara and Company.

Trust me, this boutique is worth running downtown in heels for.

Located at 834 W. Bannock Street, Barbara, Barbara and Company provides appeal from the outside in. Walking by the window display,

you can't help but linger then eventually stop and stare at the variety of outfits hanging up.

Every time I shop in this petit boutique, I am unsure of where to begin.

Clothes and accessories seem to explode off the shelves and racks from left to right.

Dresses, T-shirts, pants, shoes, you name it and it's there. Today was no exception. I ran my hand through a rack of ridiculously cute halter tops, deciding what I should try on first.

Luckily, Barbara Lane, who co-owns Barbara, Barbara and Company alongside her long-time friend Barbara Krogh, was there to assist me.

"We used to be Barbie dolls, now

we sell to Barbie dolls," she told me as I continued to scan the store. Lane said that she and Krogh started Barbara, Barbara, and Company 22 years ago in Nampa.

"Our customers would drive from Boise to Nampa," she said.

I was intrigued by the boutique's rich history. Barbara, Barbara and Company has been on Bannock for as long I can remember. Obviously the shop changed more throughout the years than just its window displays.

The duo eventually moved their store to downtown Boise on Main Street before settling in their current location on Bannock.

Lane also insisted that quality has been their first priority since day one.

The store carries nothing less than top clothing brands including Free People and Beau Bois. Most notably are the designer jeans which sport labels like Hudson and Earl.

Lane and Krogh discover many of the labels they carry at markets in Europe and New York. "We really like to stay on top of it, and give people the cutting edge," said Lane.

They also recognize that people like to look unique, and therefore, the store only carries 4 or 5 of each item.

After browsing for a little longer, I finally decided on what I wanted to purchase. "Oh you should check out our new fall label," said Lane. "It's called BB...BB Dakota. You'd LOVE it. We'll have the new

items in by July."

I made a mental note in my mind. July. BB Dakota. Barbara, Barbara and Company. I wouldn't miss it for the world.

"Have a great day," said Lane as she handed over my shopping bag.

"You too," I replied. The customer always comes first at this shop.

After quick sprint back to my car, I was driving home, pleased by the outcome of my shopping spree. Fabulous with a little bit of chaos never hurt anyone, especially when it involved Barbara, Barbara and Company.

If you want to check out the store for yourself, it is open seven days a week: Monday-Friday, 10:00 am-6:00 pm, Saturday, 10:00 am-5 pm, and Sunday, 12:00 pm-4:00 pm.

Indie Music for Independence Day: The Venue goes patriotic

BY SHANNON
MORGAN
Culture Writer

It's the time of year once again when America prepares to celebrate every fireman's favorite holiday, Independence Day. Rednecks everywhere are already stocking up on illegal fireworks and beer, ready to blow off some limbs and set their neighbor's house on fire, all in the name of the 4th.

Since blown off limbs and drunken rednecks don't exactly do it for me anymore, I'm on the hunt for something more laid back and relaxed.

I wanted to find a place for my friends and I to go where we could unwind, bring our families and really enjoy our time together on this holiday. Imagine my delight when I learned that The Venue Concert House was hosting an Indie Music Festival showcasing 10 bands, eight of which are local. Being more of a music fanatic than a redneck buff, this idea seems to have everything I am looking for.

Children under 12 get into the concert for free, regular admis-

sion price is \$10 for adults, but The Venue is offering all Boise State Students \$2 off the admission price with student ID, and you can get another \$1 knocked off the ticket price if you bring in an old cell phone to donate to their fundraiser.

If that isn't enough to sell you, perhaps the prize giveaways will be. With your paid admission you will receive one free raffle ticket which you can enter into a drawing to win some awesome prizes. The giveaways include a long board and a skate board from the Board Room, gift certificates and merchandise from The Guitar Center, and more.

Additional raffle tickets are available to purchase for the bargain price of an additional five tickets for \$10.

This is definitely a family friendly environment. There will be balloon artists and an astro-jump available for the kids that combined with the free hot dogs, lemonade and watermelon between 5 and 7 p.m., which will make the kids more than happy to attend this event with you.

If you want to give your family a 4th of July to remember, take your

kids to their first concert to see 10 excellent bands, some of whom could very well springboard to super stardom, and your kids could say "I saw them at The Venue for the first time with my parents one 4th of July."

Pick up a T-Shirt or a CD and let your kids take them up to the band for autographs. Introduce your children to music the right way, to real musicians, who are passionate about music, and are happy to share it with you. Give them something that Brittany Spears and Puff Daddy can't; instill in them an appreciation for music in its most honest and real form.

I sat down with Dan Keck who works for The Venue and is also a member of the band "Bank" who will be performing at the show. Dan and I discussed Boise's indie music scene and some of the artists who will be performing at the festival.

Having been in a few garage bands myself, I am fully aware of the talented musicians Boise is lucky enough to be home to.

Dan had this to say about Boise indie music; "I think that this scene is really growing up, really,

You're going to see that the seeds that have been planted in the last couple of years really start to come to fruition in the coming months and years. Some of the bands that will be there like 'Bridging States' are really going to pop open in the next couple months."

If you are a top-40 music person and you have never delved into the realm of the unknown, it's time to step outside your comfort zone and enjoy Boise's amazingly talented local bands and a few up and coming out-of-state groups as well. This is your chance, step into the unfamiliar and be prepared to be astonished.

Doors open at 5 p.m. and the concert goes until 9:30, leaving plenty of time for you to make it down to the fairgrounds for the fireworks display. The Venue is located at 521 W. Broad Street in downtown Boise. The info line is 208-919-0011 and web site is www.boisevenue.com.

The website lists all of the bands performing at the Indie Fest and provides links to all of the bands' My Space Pages, so feel free to sample the bands you will be listening to live at the concert.

The Indie Music Festival

Features local bands

Where:

The Venue Concert House

When:

July 4th
5 p.m. to 9:30 p.m.

Prices:

Children under 12 Free

Regular Admission \$10

BSU Students \$2 off
general admission with
Student ID

\$1 off with old cell
phone donation

A Home of Your Own

All you need to know about renting to save time and money

BY MEGAN CURTIS
Culture Writer

Finding a place to live should be easy and convenient. Landlords should swing open the door and on bended knee beg you to live in their vacant space.

Sadly, the opposite is usually true. Tricky contracts, endless searching, and the end result is usually more expensive, and lacking in any kind of amenity that you wanted.

Well I'm here to help in the apartment search with this handy tip guide. Let's start at the beginning.

Set aside some time every week about two months before you need to move out, preferably during working hours since most apartment complexes have 9-5 business hours, where you can go and physically look at apartments.

Sure, pictures are nice, but sometimes it's better to physically stand in the space to get an idea of size. This time that is set aside can also be spent calling apartment buildings and asking questions.

That leads to the next step. What do you want out of an apartment? Make a list of all the amenities and perks you want in the place you live. Washer and Dryer included? Microwave in the apartment?

What about the area itself. Is it important to live near a park? Do you need a place to allow animals? How close to the connector or freeway? How far to the grocery store? How far away from work or school? Next take a close look at the list and decide what is most important. If you want to live closer to school than to work, write it down.

Now use some of that set aside time to start calling places. There are plenty of advertised apartments in The Statesman, and apartments.com.

Two other resources that I like are booklets that you can pick up in those nice green plastic dispensers or outside Winco or Wal Mart, For Rent and Apartment Finder. Both are free and will give you a good idea of where to start looking.

Each of these resources al-

lows you to pick and choose your desired apartment. Calling allows you to weed out all those places that aren't for you without the time waste of having to see it.

If you have a dog and they don't allow pets, why waste time looking?

If your deal breaker is a private washer and dryer, why see an apartment that doesn't have the washer and dryer but also doesn't have any hookups for them? By spending a few minutes talking over the phone, you can save yourself hours of time.

The important part begins when your list is narrowed. Everyone you talk to is going to tell you about some special "Move in deal." Write it down.

If they tell you that you get the first month's rent off, write it down. Write down the person's name and ask them if there is a catch to that deal.

Do you have to sign the lease in the next month? If the deal sounds too good to be true, chances are the next time you speak, the deal will have changed, but they won't tell you about it.

Suddenly a month's free rent becomes \$20 dollars off a month but it's too late to try and find another place.

Be sure to clarify how much you want to spend a month. Don't let anyone talk you into spending more than you can afford.

This rule holds true to when it comes time to sign the lease.

If it's not what you talked about, don't sign it! It's your money and it's the place where you will be spending 50% of your time, it should be what you want!

If worse comes to worse, you can always try to negotiate a month to month deal with your current apartment landlord.

In the end of your dream amenities might have to be let go in favor of costs or availability.

The perfect apartment might not become available until after you need to be out of your current apartment.

That's why it's always important to have one or two places on the list as a backup. It's not the easiest thing to find an apartment and the earlier you start narrowing your search, the better.

Sadly, it is a necessary evil in college life, but if you just focus on finding what you want, it will become easier and when it's time to move again, you may just have found such a nice place that your address will stay the same for another year.

Men vs. Women on the road

BY K. KIRK
Culture Writer

I've heard common phrases muttered repeatedly in the Boise area much more frequently than before. They all relate to driving, and they all relate to the "other" driver. I have caught myself muttering them under my breath from time to time also. My "conscience" sits in the back seat though, and reminds me that I'm making assumptions when I say such things. The most common phrases echoing in my ears as I drive range from 2C driver, to no survivors, go back to where you came from, California drivers, city drivers, and the two most common related to gender; damn women drivers, and the amiable @\$\$ for the opposite spectrum.

All of these quotes being screamed and spewed forth from angry drivers over the last couple of weeks has inspired me to observe driving patterns of everyone I see when I'm on the road a bit more. I

can't say I noticed California plate vehicles being driven any more aggressively than Ada county plate vehicles. I didn't see any difference with the infamous "2C" drivers either. There was one curiosity however, that I did observe time and again. The same men and women that may hang out together, or pass a friendly hello when walking by one another are sometimes dangerously competitive once they sit behind the wheel.

I didn't see any evidence that a man or woman in general drives any different. Men and women were equally aggressive and defensive in their driving patterns. They were equally as likely to be thoughtless about when they timed pulling out into traffic or turned off a road, or what parking space they might use. They were equally as likely to be on their cell phone, whether hands free or otherwise, not only while driving, but also with family and friends in the vehicle with them.

The factor that really surprised me though is that when it comes to aggressive driving, men are much more likely to suddenly pull in front of, force their way over, or in other ways, drive dangerously around woman drivers. The same male aggressive drivers rarely pushed their aggressive driving on other men. They were more likely to slow down to pull behind another man, slow down to let another man over where they might have driven far to close to the vehicle in front with a woman attempting to merge, and in general were much nicer to other male drivers. The same pattern emerged with female drivers. They were much more aggressive towards male drivers, more likely to be rude and thoughtless in general, and much more likely to give way to other female drivers and drive a little more carefully around them. As there is with any "study", there are always exceptions. I am generalizing a bit for sake of this article, and

for the fact that the exceptions were rather rare and far between.

Why is there such vehemence for the opposite sex behind the wheel? Is this the only place most women feel comfortable pushing men around and vice versa? Is it easier to be callous when I'm not face to face with the other person? What creates these driving patterns? Despite the rumors that men are more aggressive, and women simply can't judge distance and are too timid behind the wheel, overall men and women both handle themselves equally capably in a vehicle. I just wonder if it's possible to take that more thoughtful approach we give our own gender and apply it to the "other" drivers out there. Personally, I will be more aware of how I drive around the "other" when I'm behind the wheel. I hope, if nothing else, this article makes someone else think about their own actions too.

What's coming to the movies

BY KATRINA SAVITZ
Assistant Culture Editor

June 28, 2006

Superman Returns

Superman comes back after years on hiatus to save Metropolis from Lex Luthor, who is always up to no good. Kevin Spacey enthralls us as Lex Luthor, meanwhile Kate Bosworth portrays a stunning Lois Lane. Following the unfortunate death of Christopher Reeve, Brandon Routh, who made several appearances on various television shows including "Will & Grace" courageously takes on the role of Clark Kent.

June 30, 2006

The Devil Wears Prada

Anne Hathaway plays a woman who lands a dream job working at a successful magazine and working under one of the best editors in New York City. Unfortunately this editor, played by Meryl Streep has the reputation of having the nastiest attitude.

July 7, 2006

You, Me and Dupree

The sanity of newlyweds Kate Hudson and

Matt Dillon is tested when Dillon's immature best friend Dupree played by Owen Wilson suddenly loses his apartment and moves into their house.

Pirates of the Caribbean: Dead Man's Chest

Johnny Depp, Orlando Bloom, and Keira Knightley return to the big screen in the sequel to the Pirates of the Caribbean.

As always Captain Jack Sparrow (Depp) is in trouble and in attempt to mend his dilemma he enlists Bloom and Knightley to accompany him on another adventure.

A Scanner Darkly

In this psychedelic thriller, Keanu Reeves plays an undercover police officer named Fred, who experiences a double personality disorder after taking an illegal drug called Substance D.

His alter ego, Bob is a drug dealer, so Fred recruits his fellow police officers to create a highly structured plan to bring Bob down.

Reeves is accompanied by Robert Downey Jr. and Winona Ryder.



Chocolate and spandex on a Thursday afternoon: Ahhh... The wonders of



BY SHANNON MORGAN
Culture Writer

I'm sitting under the Calistoga canopy at Lucky 13 in Hyde Park, sipping my ice water, totally relaxed, and I can't help but think how lucky I am to live in one of the most beautiful cities in America.

I couldn't have asked for a more gorgeous day to enjoy this historic Boise location. Sunbeams are dancing on the vibrant flowers that are in bloom all over the area, and the temperature is a comfortable 78 degrees.

I feel like I'm part of a Norman Rockwell picture, the landscape around me is painting the perfect American Dream.

One of my favorite things to do in Hyde Park is lounge around on one of the outdoor patios and people-watch.

On most given days, you will find the strip of restaurants, bars and shops which line 13th street in the North End of Boise, full of people enjoying their food and cheerful conversations. Today the atmosphere is tranquil, with a jovial, contented vibe.

I catch pieces of the conversations going on around me; punch lines from jokes, girlfriends gossiping about their dates, guys talking about their new cars and less than perfect jobs. Life and laughter surround us as we friendly strangers lounge together and work on our tans.

While marinating there, basking in the sun, I spied these two adorable blond-haired, blue eyed, identical twin toddler boys, licking their chocolate ice-cream cones which were dripping all over their faces and onto their shirts. They light up and scream out in unison,

"Look Momma a Puppy!" Pudgy little ice cream covered fingers dart out in the direction of a lovely young woman jogging with her bulldog puppy. She was happy to stop and let her dog shower the boys with kisses while they doted upon him with a charming youthful enchantment.

Deciding that ice-cream sounds brilliant on a day like this, I walk over to "Goody's Goodies" to satisfy my sudden craving. This shop takes me back to my favorite childhood movie "Willie Wonka and The Chocolate Factory." I start to hum "The Candy Man Can" as my eyes dart around taking in the kaleidoscope of colorful sweets all around me.

"Oh, my, my, what is this?" I exclaim as I look down to see the crowned jewel of my sweet tooth's expedition, "Hand crafted chocolates! Man I'm in trouble! I better get a couple of these too...for my Mom of course...she loves chocolate."

The woman behind the counter cocks her eyebrow up and tosses me a knowing look. She's aware I'm full of it and as soon as I get my happy butt out the door I'll be devouring those chocolates with the determined zeal of a crack addict with a toothbrush and a dirty sink.

I pay for my things and bring my culinary treasures to the outdoor patio to find a serene retreat where I can people-watch once more.

Speaking of "Oh, my, my!"...I glance over to see a pack of handsome cyclists, gracefully making their way down the street in their cute little biker spandex and matching helmets.

Yet another reason to enjoy this area, it's a favorite of cyclists and joggers who are making their way up to Camels Back park, and on to all of the trails and scenic

outlooks that surround the area.

Just as my handsome spandex clad biker boys ride out of view, a not so in shape cyclist rides in, apparently unconcerned that his belly had freed itself from the tight constraints of the spandex he was sporting and was bouncing about to the rhythm of his peddling, wondering when it can expect the next wave of beers to make their way down.

"Good feeling gone." I think to myself. I have the sudden urge to do a gut check of my own. I look at my ice cream cone, decide maybe I don't need the extra calories after all, and toss it in the trash. Time to be on the move again, I have yet to check out the Antique shops and old book stores that grace the area, so I gather up my purchases, and continue on my merry way.

Back on the street again, completely buzzed on the sugar high of my life, I start to walk and absorb more of this spectacular day, taking extra care to hold in my feminine curves as I stroll past The Parrilla Grill. I have it on good authority that this is a favorite hang out of the frat boys from Kappa Sigma, and I don't want to disappoint any fellas who may be people-watching me.

All of us out enjoying this day - me, the boys from Kappa Sigma and the super sexy in spandex, bouncing beer gut, cyclist man - have one thing in common: we love our city.

We love the vivacious, energetic feel of Hyde Park, we love the people, and we love the sunshine. Take my advice, go down to the Hyde Park and pick a patio, any patio, and take in the life all around you.

Enjoy your culture, enjoy your city and let your city enjoy you.

"Artist for a day:" the paint it yourself pottery experience



PHOTO BY ALICE SCULLY/THE ARBITER

"Artist for a Day," located in the Boise Spectrum, offers artists and others a warm environment and walls stocked with pottery supplies for an experience filled with fun and creativity.

BY LINDSEY PARKER
Culture Writer

Here's a fun activity for any prospective young Leonardo Da Vinci's out there. "Artist For a Day" in the Boise Spectrum (7609 West Overland Road) is the place to be, to test creativity, or kill time out of the summer heat.

Here's how it works.

First, pick a piece of pottery from the huge selection of items in the gallery. Second, paint it with stencils, sponges, stamps, or paintbrushes. Third, leave the painted pottery at the shop to be glazed with a topcoat, and fired in the kiln. Fourth, pick up the finished piece of pottery in a week or so. The process sounds easy, and it is.

This is not the place to go if your feeling indecisive. The huge selection of pottery items in the shop ranges from children's stools, to goblets, photo frames, light switch plates, and tea sets. There are bowls, plates, lizards, cheerleader statues, and even piggy banks.

Each different item is a different price, and is marked with a barcode underneath each piece.

Entering this world crafted almost entirely of pottery expands the imagination and feeds the creative center of one's brain. The atmosphere inside the studio is a relaxed one, even with a dozen small children excitedly ogling the pottery. This shop seems to be a very family friendly place.

It's not wise to visit the studio with intent to discuss the philosophies of Plato or Aristotle, which will lead to a migraine. This is the place to come with a friend or a date to get out of the norms of life.

There's a stereo in the middle of the studio emitting playfully melodic music from 94.9 the River. Not exactly the greatest music selection, however it's better than some.

Several wooden tables stand in the middle of the studio with various placemats, water bowls, mini-palettes, and sponges set for use by the patrons. Chairs line the sides of the tables as well. The setup is similar to that of a restaurant, but the smell of food is nowhere to be found. Instead there's an overpowering smell of pottery, glaze, and paint. That's to be expected obviously. It is a pottery shop.

Next it's time to select a piece of art to paint. Before arriving at the studio, a notion came to my mind suggesting a mug would suffice to feed the

creativity of this writer. That idea goes out the door upon arrival.

Mugs are boring! Instead the coveted item of choice is a lone standing giraffe.

The next step in becoming the Michelangelo of the 21st century is to select the brushes. This task is a difficult one, because this writer has next to zero experience with art, minus a general art class taken in high school and an art film appreciation course. Oh well, everyone's probably in the same boat here.

The giraffe is about four inches high, so brushes with fine short bristles are chosen.

After the brush selection, comes color selection. Giraffes are a passion of this writer; therefore color choice is not difficult. Brown, black and cream colors are needed to complete the masterpiece. Moose tracks, happy trails, a black lab and a yellow pencil are chosen.

After selecting a table and laying down the paint, giraffe, and brushes, a strange idea comes to mind. Is the paint supposed to go directly onto the sunflower placemat? That idea is quickly dismissed as the pottery mini palette is discovered inches away. The paint is poured and the process of creating a masterpiece begins.

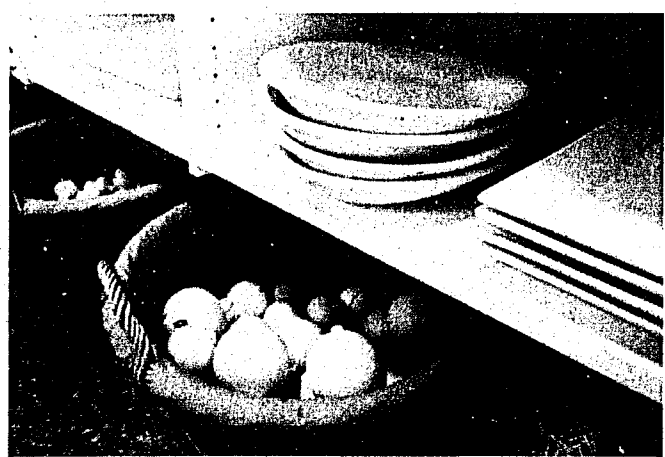
By this time most of the children have left the studio, and only a few select adults remain. This is more relaxing than before. Unfortunately, the process of painstakingly painting each individual spot on a giraffe is very time consuming. If patience isn't a virtue, don't come to "Artist for a Day." It takes time to make a piece look great.

After several attempts and an hour and a half the giraffe is finished. What a sense of accomplishment.

At the counter the giraffe is presented as the cashier takes the barcode off the foot and puts it on the receipt.

The little thing costs \$8.50, plus a \$6.00 studio fee for paints, brushes, glaze, and kiln usage. The total amount is around \$15.00. After whipping out a debit card the cashier asks, "Did you have fun?" "Yes. It's a bit time consuming, but I had fun." Once at the counter, I learned that the giraffe may be picked up within a week, and the studio will call when it's finished.

Check it out with a friend, or by yourself. The summer hours at "Artist for a Day" are 10:00a.m.-10:00p.m. Monday-Friday. Saturday 11:00a.m.-10:00p.m. Sunday 11:00 a.m.-7:00p.m.



Sandler clicks with audiences, again

BY KATRINA SAVITZ
Assistant Culture Editor

After life deals Michael Newman played by Adam Sandler one too many low blows he is forced to search for a short cut.

The short cut in question is a universal remote control to which he can at least turn on his television without opening the garage door.

Fortunately for Newman he finds himself in Bed Bath and Beyond and meets a mad scientist Morty (Christopher Walken) in the "Way Beyond" department of the retail store.

Morty offers him a new and improved universal remote in which Newman can merely "Point and click" his life into rewind or fast forward. Seems like a dream come true, right?

Not exactly.

Newman gets carried away and begins to fast forward through peri-

ods of his life until years begin to fly by and he ultimately loses his wife and misses out on special moments in his children's lives.

Adam Sandler gives audiences another one of his comedic genius creations.

As always this nonstop laugh inducing film reminds audiences why everyone loves Adam Sandler.

Click encompasses three great features; a hilarious storyline, a star studded cast, and a valuable lesson. Around every corner Sandler delivers his signature sarcasm and wit to keep audiences begging for more.

Meanwhile, the talented Kate Beckinsale, Christopher Walken, David Hasselhoff, Henry "The Fonze" Winkler, and Sean Astin compliment the film through comedic collaboration and undeniable flair.

Lastly, audiences learn that organizing one's priorities is key

to happiness.

Merely pushing one aside (especially if your priority is your family) accomplishes nothing.

Through the remote, Newman was able to navigate through his life by using the menu screen.

One option called Life with Commentary was extremely funny because it was narrated by James Earl Jones who is known for doing several voice overs.

In addition to the scenes with narration, Click referred to some old characters from previous Adam Sandler films, for instance remember the O' Doyle's from Billy Madison?

Well that pesky family is back. This time young O' Doyle is the culprit, he demeans Newman every chance he gets.

All I kept thinking about was the scene in Billy Madison when the O' Doyle family car slips on the banana peel and leaps off the cliff,

meanwhile chanting, "O' Doyle's rule!" Will they ever learn?

Audiences even get a glimpse (or two) of Sean Astin as a Speedo.

Although, I am not quite sure that is a good thing.

In the end, I left Click reflecting on my own life and how I often wish I could skip through meals, or assignments, even sleep just to save a few hours in my day to get other responsibilities accomplished.

But, now I realize risking my health or anything else for that matter is not worth it.

Toward the end Newman finds himself saggy and alone.

The success that he always dreamed of obtaining for his family was fulfilled; unfortunately he had no one to share it with.

Newman awoke to find that he had been asleep in a store display bed and had been merely dreaming of his demise.

He was given a second chance.



ADAM SANDLER

CLICK

KATE BECKINSALE CHRISTOPHER WALKEN

JUNE 23

Being healthy is all about knowing your limits

BY K. KIRK
Culture Writer

I've been told that you should listen to your inner child, that you should schedule time for each thing you choose to take responsibility for, that you should set aside time where you can be alone every week at minimum.

I know I've taken on too much myself at one time. I've overscheduled myself, reached my breaking point, and even come to the point where I have snapped at those I care about. I attend BSU full time, work full time as a human engineer (mom), and part time as a journalist.

This does not address the fact that I have to dedicate hours each week for homework and study, personal obligation, errands, preparing meals, and the kid's activities and groups I need to run them to and participate in. I find it troublesome enough to find time once a week for myself for even one hour, let alone every day as is the ideal.

This thought brought me to wonder, how do we know when we have reached our own limit? How much responsibility can one person take at any given time? How much time does one person really have in one day or week, or life? How do we know when to say no more? How do we know when to be a little selfish with our time for our own sanity?

Nothing is more interrelated with personal limits than stress level. More personal obligations equate to stress.

Stress is not always a bad thing. In fact, most of the time it can help motivate one to accomplish or begin tasks they have set or need to finish. Stress capability is different for each person however. No one person can handle the same stress load as one individual and simply fall into the role without a problem.

One example of this is a young woman I spoke to. She is 19-years old, lives in the dorms, and does not have to work her way through school. Her parents are supporting her post-primary academic achievements.

She spoke about how much stress she felt over her homework load and classes, not to mention the work of keeping up with her friendships and family relationships on a regular basis. For her, this was the maximum stress she felt comfortable handling. She seemed to have a rather solid handle on when she'd been given enough responsibly and how to say no. She could not express how she knew though when asked.

She did say she had an emotionally comfortable childhood and felt this may have helped her now to know her own limits. That may not seem like a hard thing to do, but many of us do not have a healthy level of

stress. We schedule multiple tasks to be accomplished simultaneously and then drop the ball on each one at once when we panic or snap.

I interviewed several people about what they thought was enough stress and how to say enough. There were three interviewees over fifty, three in the 30-40 range, and three under twenty. Those in the first category stated that they still struggle to know when enough is enough.

Two of them are retired, yet one of the two finds himself running for political offices in the small town they inhabit, launching out on complicated home improvement jobs, and volunteering time for the younger generation that need older role models. He stated that he works more now than he did when he was working. I was told that knowing when you've taken on enough at any age is "a real tough call".

The third of the first set of interviewees was female. She feels stress and over-scheduling oneself are closely linked to the economic system and that most people feel obligated with a job or friends.

People need to have education on understanding their personal limits and how to see the edge. "I think it's tied up in keeping up with the Jones's. We feel we're not doing enough."

Another person stated that for them "stress is the condition in

which there is a conflict between the mind and body". This is not necessarily a bad thing. They found that conflict stimulating and energizing at times. However, when it became too large a conflict, they snapped.

Everyone I interviewed, in one phrasing or another, stated that just when they thought they had everything figured out and were ahead of the game, they fell off the cliff. None of them admitted to having any idea on when to say they could take on no more.

I received some advice from each person as to how to cope with the loads they take on. I was given suggestions such as window shopping, taking an early morning walk, meditation, regular exercise scheduled

each day, personal time outs, pets, and last, but somewhat intriguing, mini-vacations. A mini-vacation is somewhat like meditation, but in only five-minute spurts. You can be anywhere, a classroom, studying, exercising, but preferably not driving.

Close your eyes for three to five minutes and take yourself on "vacation" wherever to help you to relax. Don't forget to breathe slowly and deep into your soul. Find your source and tap into it. Then rejoice reality.

I did not find a definitive answer to the question of when to know enough is enough, but I did receive some interesting advice. When we are truly at our best stress level,

we are creative.

When you reach the point where life is no longer enjoyable, when what you're doing is no longer enjoyable, you've exceeded your limit. When you no longer see avenues, but obstacles, you've come too far. A lot of people had suggestions, but few could recognize when to say enough.

I will continue to be a full time mom, student, wife, driver, coach, maid, and chef. I will also try to have more inward conversations, and learn better how to listen when I'm being told enough, before I reach that cliff.

Let's all try to recognize our own limits, and don't forget to take regular mini-vacations.

Persephone's Bees are rocking, not stinging

BY FRANCY MARCOTTE
Culture Writer

What does it take to make Persephone's Bees? Mix electronic keyboards with retro vibes, add in some catchy vocals, then top it off with some good old California and Russian spirit and you've got yourself the hottest new band for this summer.

I was first introduced to Persephone's Bees last summer when I saw the flick "Bewitched." It was one of those cases where the soundtrack was better than the movie, and I was soon addicted to one song in particular: "City of Love" by Persephone's Bees.

The song was spunky, a bit carnival-sounding, and I found myself grooving to it like it was summer-time in the 1970s.

For awhile, "City of Love" was all I was able to associate Persephone's Bees with until I discovered their Myspace profile. Now, not only was I able to listen to more of their songs, but there was an abundance of information available about this band I loved.

Persephone's Bees is comprised of Russian native Angelina Moysov (lead vocalist, songwriter, keyboards, and bass), Tom Ayres (guitar, vocals), Paul Bertolino (drums, vocals) and Bart Davenport (bass, vocals).

The band was formed in 1993

when Moysov moved to America from Russia and met Ayres. It's no surprise that Persephone's Bees reflects the Russian folk music Moysov was influenced by. In fact, one of the songs available on the band's Myspace profile, "Muzika Dlya Fil'ma" has Russian lyrics juxtaposed with folk and rock sounds.

Another song, "Nice Day" resembles the style of "City of Love" in the sense that it is playful, and takes advantage of the keyboard. The lyrics in "Nice Day" celebrate diversity. "On a nice day, I don't care what they say."

The final song I listened to was called "Home." This song differed from the rest of Persephone's Bees' music because it was more low-key. Moysov sang lyrics that were nostalgic of love and times past. "Come back my sweet dreams, don't leave me alone. Let's start from the place where we stopped...When I loved you, when I loved him, when I loved her, I loved myself."

Surprisingly, Persephone's Bees has yet to release a full-length CD. Luckily, fans won't have to wait long. The band's first album, "Notes from the Underworld," comes out on June 20. Until then, their music can be listened to via their Myspace profile: www.myspace.com/persephonesbees, or the band's official website: www.persephonesbees.com.

Persephone's Bees has my highest recommendation. Considering that's coming from a person who usually runs away from bees in fear, it's an impressive accomplishment.

persephone's bees
notes from the underworld



isn't afraid
of the dark...

...the dark
is afraid of

The Arbiter

BOISE STATE'S INDEPENDENT STUDENT NEWSPAPER

SPORTS

Building Bronco bodies

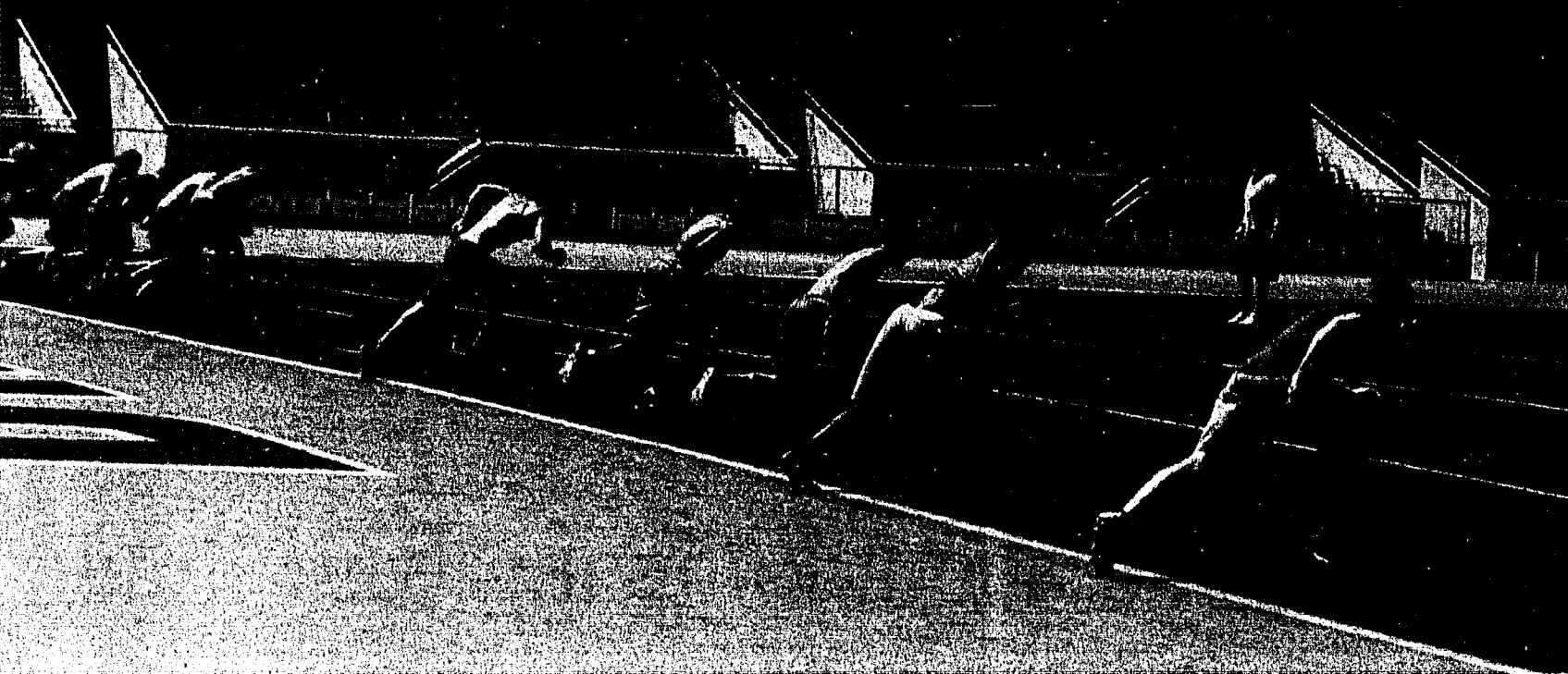


PHOTO BY JOHN TOWNER/THE ARBITER

BY DUSTIN LAPRAY
Managing Editor

The Boise State Athletic Department has a new man at the helm of the strength and conditioning program.

Tim Socha, an alumnus of the University of Minnesota took over the program this spring replacing Jeff Pittman, who had run the program for seven years. The Broncos won six league titles in Pittman's tenure.

"Pitt was a great strength coach, awesome at what he did," Socha said. "He built this program, this weight room, into what it is and made it a very attractive job."

Socha played for Pittman at Minnesota while he was a graduate assistant for the Golden Gophers and has a lot of respect for what he accomplished at Boise State.

But Pittman is gone to join Coach Dan Hawkins at the University of Colorado, and Socha is the man at BSU.

The Job

Socha's main responsibilities at BSU are to establish the workout programs for football and men's basketball. He also oversees his two assistants (Jared Aurich and Jordan McCoy) who make the programs for the other sports at BSU.

"They do a great job," Socha said. "I was fortunate to get two awesome people that were already on staff, so that made it a real easy transition for me. They essentially take care of their teams and I oversee any problems they might have."

Socha works as a mediator between the specific coaches and his assistants.

Each sport on the Bronco calendar has its own workout regiment.

"We believe, as a staff, in being very sport specific," Socha said. "The football players aren't going to do the same lifts as the men's basketball players, who aren't going to do the same lifts as the volleyball team, who aren't going to do the same things as swimming, when we start swimming. A wrestler is going to lift different than a tennis

player, obviously. Wrestlers are going to work more on grip strength. Tennis players are going to work more on rotational, core exercises, and things like that."

The workout programs entail doing the proper lifts and techniques in the weight room—certain agility and conditioning drills that are needed for athletes to excel in each sport.

Socha said that his basketball players do more aerobic exercises—not as much as cross country runners—but more than the football players, due to the vast amount of running involved in basketball.

"Football is more anaerobic, filled with 5-6-7 second bursts and then taking 30 second rests," Socha said.

The bursts and breaks in the regimens are meant to simulate game action.

In football workouts, the breakdown is not just sport specific, but also position specific; linemen, receivers, and backs each do exercises that fit into what they want to accomplish on the field.

"As a staff, we need to break down every sport as to what's going on; see how it works, who's doing what, how that all works, and how we can train them the best to be great at what they're doing," Socha said.

"The linemen aren't going to work out like the receivers. If you come out to one of our summer runs, you'll see some of our linemen running 10-yard bursts at 100 percent and the skill guys running 40s at 75 percent because that's more of what they do. They are going to burst 10 yards and play explosively, while the skill guys are going to run long-distance so they need to work on top speed."

Summer workouts

The Bronco football team is preparing to defend its Western Athletic Conference title. To do that, the players must work hard throughout the school year and during the summer.

"The biggest thing we're working on this summer is building strength and power in the weight room,"

"This place is awesome...they want to grow. I have no desire to go anywhere else. The kids work hard; they have the right mentality."

Socha said. "So we're staying in the lower rep range, working on our Olympic lifts, working a lower rep range and heavier lifts in the weight room."

The Olympic lifts Socha said his players are working on are hang cleans, power clean, clean snatch, quick jerks, dumbbell jerks, and dumbbell snatches. Socha said he never allows dumbbell cleans because of the awkward movements involved which may cause injuries.

The team is also involved in some slightly unorthodox training exercises. Socha has the linemen pushing golf carts and Gator vehicles loaded with weights around the practice field and track to simulate the pushing action required in a game.

"I don't think they've done anything like that in the past," Socha said. "So it's going to be a little different for them, a little new, but I think it will help them a bunch in the long run. There are so many things in football with linemen, offensive linemen, and defensive tackles where they are constantly pushing against someone."

Last week the Broncos had their longest conditioning day of the year. Socha said it wasn't the hardest, but the longest (yardage-wise) that the team will run. Now the Broncos are working on fine-tuning their running skills.

They are working on changes of direction to get the players ready to

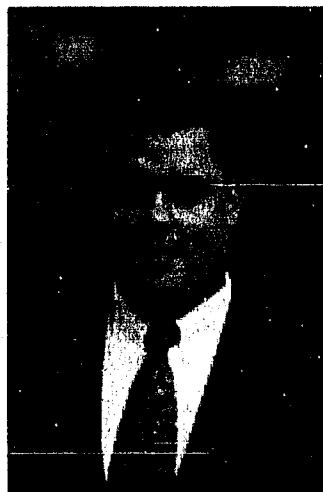


PHOTO COURTESY BRONCOSPORTS

make those instantaneous movements required to succeed on the football field.

The cycle

One of the staples of Socha's workout regiment is variation. Every so often he will change the types of exercises for athletes, so that their bodies are constantly tested with new movements and resistances.

"If you always do the same thing, you are going to plateau and you're eventually going to drop back down," Socha said. "So you're always constantly trying to figure out how to shock their system and making their bodies adapt to what they're doing so they'll continue to grow and get stronger."

The workouts aren't drastically different though. They are mere adjustments to a lift, like changing the angle or position in a lift in order to force an athlete to use a different part of a muscle. They work the same muscles, but in a different way, so as to build an overall body of strength.

Nutrition

A big worry on college campuses, especially in the athletic departments in the past, has been the use and abuse of supplements—Ephedrine in particular.

"We've talked to our guys about it, talked to them about not using

ephedrine," Socha said. "The biggest guys you have to watch are weight-loss guys. Kids are smart nowadays. They know about Ephedra. A lot of things don't even have enough Ephedra anymore. We haven't seen a lot of problems with that."

The NCAA has regulations banning a number of substances, including various steroids, but the governing body also has regulations as to what a school can do to regulate the supplements its athletes can take.

"Essentially you can only give out a protein shake. No creatine or anything," Socha said.

But students can still take things outside of the department to help them get stronger. To regulate this, the staff asks its athletes to bring in the labels of the supplements they are using to make sure they are not taking a banned substance accidentally. They also save the players money by letting them know whether a supplement will actually help them.

"I don't know if we have 100 percent compliance on that or not," Socha said. "We can't monitor as much as we'd like to because of the rules, so it makes it a little tough. We kind of have to work on the honor system."

A player may also take something and fail a test because a banned substance was not listed on the nutritional label.

The FDA does not regulate supplements, but they are available at a dozen stores in the Treasure Valley.

The best way for the athletes to stay out of trouble with the NCAA is to not take the supplements at all.

"The biggest thing we're always preaching is nutrition," Socha said. "If they eat right and do what they are supposed to do when they are eating—eating the proper foods and eating at the proper time—basically they don't need to take a lot of other supplements."

The decks

A tradition of the BSU football

See Socha [page 11]

I Column like I see 'em



Summer heat

BY DUSTIN LAPRAY
Sports Columnist

Summer has officially begun. I sweat afternoon sweats.

Inside this sports enthusiast lies a craving for gridiron August. For the present, that need is intense. Yet I am deprived of my addiction, like some locked-up junkie.

I play Madden because it's as close as I can get. I search the wire for the oddest National Football League story out there, because it is the only NFL story out there. I watch day baseball and know that those 25-man teams have been working hard since March and the lucky ones will play until November. But I don't really care about baseball yet.

I saw the Carolina Panthers win the Stanley Cup and didn't really care. I have this sore spot in my soul where the National Hockey League formerly resided. Now the scar tissue is a muscled wound I want to forget. To be absolutely honest, the only coverage I saw of the NHL playoffs (other than the highlights on SportsCenter) was the final 37 seconds of game seven of the finals. The finals were the only games aired on a station I actually get. How bad did the NHL screw up to have to get the playoffs covered by the Outdoor Life Network? The Canes whooped and hollered and they worked hard to get four names on the most-honored trophy in sports.

I can respect them for the effort put forth to win and all of the others to play, but I didn't watch this year out of spite. It's not like I had to cover the games or anything. I'm technically not even a sports writer anymore.

That's right kids, this lowly beast of burden has moved to upper management. Luckily I still get the honor of splurging my nonsense on a weekly basis through this forum. Due to redesigns and a losing argument with Mr. Mayes, I lost my groovy graphic penned by Mr. Ben Upchurch (that big-headed cannon-baller tagged "Dumpster"). Now I get my picture in the paper and a somewhat witty tagline to distinguish my words from those of actual sports coverage. No longer will Dumpster Dive In.

It's a pity, as transitions go. Trevor Horn is on the fast train to somewhere. The name he gave me evidently gets left out in the heat with him. No regrets.

Despite my avails, I doubt any out there give a rip about the man behind the words. No, it was never about the man. It was about the words, the sports, all those little stories, and 60-minute stretches which make sports the only thing on the planet with definite ends.

While war and politics result in more war and politics, sports are immediate and absolute. Even the World Cup goes to a shootout if no one wins within the allotted time.

As we stride through this life, this summer, we must remember that sports are just sports. They are not about life and death. They are for recreation and entertainment. The gladiators of our age are athletes.

The Mayans invented a form of what is now modern-day soccer. Then, the losers were sacrificed to the gods.

The horse races are back at Les Bois Park. The Hawks are taking the field. Perhaps even as you read this, right now, some 12-year old boy is playing catch with his old man. The boy has his new leather mitt. His dad has his beaten friend from his glory days in city league softball.

A man is lifting a bar bearing great weights, so that he can be stronger come fall.

100,000 people are waiting for the river to open. Others take to pools.

I sigh. I remember why I write sports. It isn't about the winners or the losers or the participant ribbons. It is about those modern-day gladiators, who rush to prove themselves.

The rest of us get to watch. For those who cannot go to the games therefore live reporters, to bring reports into the living room, the lounge, the backdoor patio, where the wind ruffles pages not yet read.

Put down these trifling words, find a mitt and a ball and go find someone to play catch.

Triathlon Club tests its limits

BY MERIN TIGERT
Sports Editor



Five athletes from Boise State competed with over 2000 registered Ironman athletes in Coeur d'Alene on Sunday, June 25. Organic Chemistry Professor Mike McCormick, and students Kip Sharboro and Tim Tracey, Dawn Edwards, and Jon Kinzer had been training since February to test themselves against triathlon exhaustion.

The race started out at seven a.m. with a 2.4 mile dip in Lake Coeur d'Alene, followed by a 112 mile bike ride through downtown, and fin-

ished up with a 26.2 mile marathon run.

All of the courses at Ironman Coeur d'Alene are two-loop affairs, making it easy for spectators to watch the entire race, but creating a challenge for the athletes. Trying to swim in a lake with over 2000 other competitors can become more of a battle than a race. "The only way I can describe the swim is trying to swim through a blender, or a thirty-five minute boxing match," Boise State competitor Kinzer said, "I got my goggles ripped off, sucker punched in the mouth, kicked in the jaw, and whacked in the back of the head with a fist and an elbow."

After the swim the race took to

the streets. Unfortunately for the competitors, Coeur d'Alene was unseasonably warm on the 25th, with the air temperature staying in the 90s. "You've got to keep in mind that we're on the asphalt," Kinzer said, "the asphalt picks up heat, so if it's 92 it feels like 100." The heat took its toll on all of the athletes, slowing the finishing times.

The first Boise State competitor to finish the Ironman, Sharboro, crossed the line just after the 12-hour mark.

The rest of the group followed through and completed the race within the 17-hour time limit. "It was a fun day," said Kinzer, "Long but fun."



PHOTOS COURTESY JAIMIE KINZER

Socha

[from page 10]

program is running decks. The players basically run up the steps of Bronco Stadium- a most trying exercise.

In the past, the running of the decks had been a special occasion, to show how the team had improved in the off-season.

Socha, who was informed of the exercise and its meaning to the program early in his tenure by Head Coach Chris Petersen, now has the team running decks once a week.

"Through the summer I have kind of fine tuned it a little bit," Socha said. "It's probably different from how they ran decks in the past. It's hard. It's a lot of work. They have to work up the decks a little more and put some times on it."

Timing the deck runs gives the team a goal to shoot for, but don't think it ever gets any easier.

"We run them," Socha said. "They get consistently better at them and as they get better at them I keep pushing them to get a little bit better at them, a better time and things like that."

His story

Socha started his college career as a player at Minnesota. He was a four-year letterman and learned

a great deal of what it takes to succeed on a quality football team.

"It was a great experience," Socha said. "I learned a lot from playing, just the mental aspect of football."

Once you've done a sport and played it, you kind of know where the kids are coming from.

You can tell the difference between a kid who's just having a bad day and a kid who's just not working hard.

Being on the other side lets you know kind of what they've been through."

After he graduated with a Bachelor's of Science degree in Kinesiology from Minnesota in 1999, Socha worked as a student assistant for the Golden Gophers.

He then worked as a graduate assistant at the University of Auburn, where he earned his Masters of Education degree in Exercise Physiology in May of 2001.

During his two years at Auburn he served as an assistant for football, baseball, and softball, and during the 2000-01 season directed the strength and conditioning program for the men's golf program.

In June of 2001, he was named the assistant strength and conditioning coach at the University of Wyoming where he handled the strength and conditioning programs for wrestling, track, and field.

He also assisted with football for

the Cowboys.

Socha had spent the previous two years before coming to Boise State as the assistant director of strength and conditioning for football at the University of Louisville.

"I have some awesome experiences from Minnesota to Auburn to Wyoming to Louisville and I try to take a little bit out of each one and implement that into what I'm doing now."

Socha says he is settled in Boise. Now that he has this job, he's ready to make the best of it.

"This is where I want to be," Socha said. "I love this city. This place is awesome...they want to grow. I have no desire to go anywhere else. The kids work hard; they have the right mentality."

A lot of coaches come through Boise State and move on to other schools for better pay and more recognition; they use the school as a stepping stone for their careers. Socha said it was different for him.

"If we make this program right and do what we can with it, there's nowhere else to step," Socha said.

"This could be a program where people want to take a stepping stone here. I don't think this is a stepping-stone job. I don't know why anyone would want to leave."

It's been an awesome experience so far. Now all we've got to do is go out and win some football games."

This spot is blank . . .

because you're not writing for us.

Boise State trophy watch

Courtesy Broncosports

Boise State senior linebacker Korey Hall has been named to the 2006 Bronko Nagurski Trophy Watch List. Hall is now on the watch list for three major college football awards-the Rotary Lombardi Award, the Lott Trophy and the Bronko Nagurski Trophy.

Hall, a senior from Glens Ferry, is a two time first-team All-WAC selection at linebacker and ranks 15th in tackles in Boise State history with 283. Hall was also named the 10th best inside linebacker in the country by the magazine.

The 2006 season marks the second straight year Hall has been

named to the Bronko Nagurski Watch List. The award honors the best defensive player in college football. The 2006 award will be presented on Monday, Dec. 4, at the Westin Hotel in Charlotte, NC, where five finalists will vie for the prize. Hall is one of 55 players named to the watch list.

Senior defensive tackle Andrew Browning and sophomore offensive tackle Ryan Clady have both been named to the 2006 Outland Trophy Watch List. Browning and Clady are among 54 standouts for the award that honors the top offensive or defensive lineman in college football.

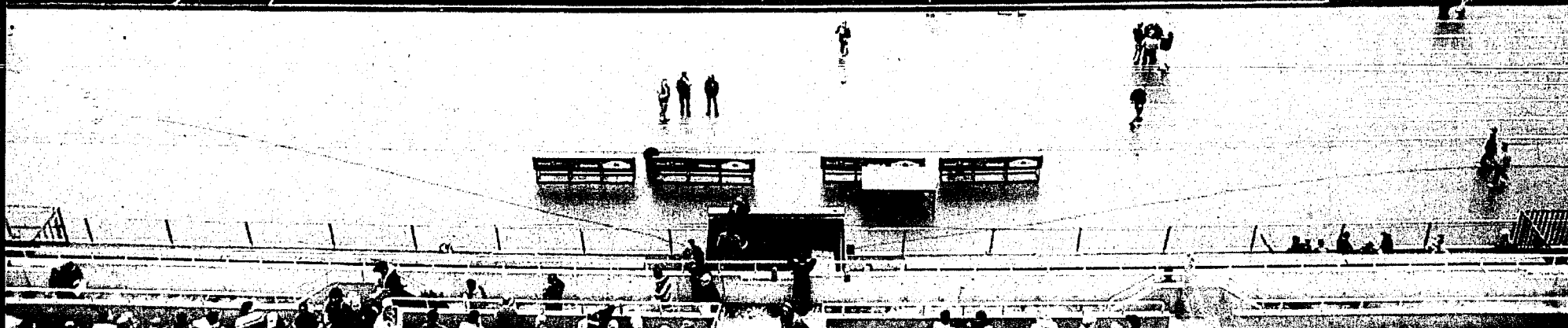
Browning was named second-team All-WAC as a junior after finishing with a career-high 35 tackles, as well as winning the award for being the team's top defensive lineman for the second straight season.

CollegeFootballNews.com, ESPN.com, Rivals.com and the Sporting News named Clady to freshman All-American teams last year. The Sporting News and Blue Ribbon College Football Yearbook have selected him to preseason All-WAC teams this summer.

The 2006 Outland Trophy presentation will be on Dec. 7 in Orlando, Fla., on the ESPN Home Depot College Football Awards Show. The Football Writers Association of America has awarded the trophy annually since 1946.

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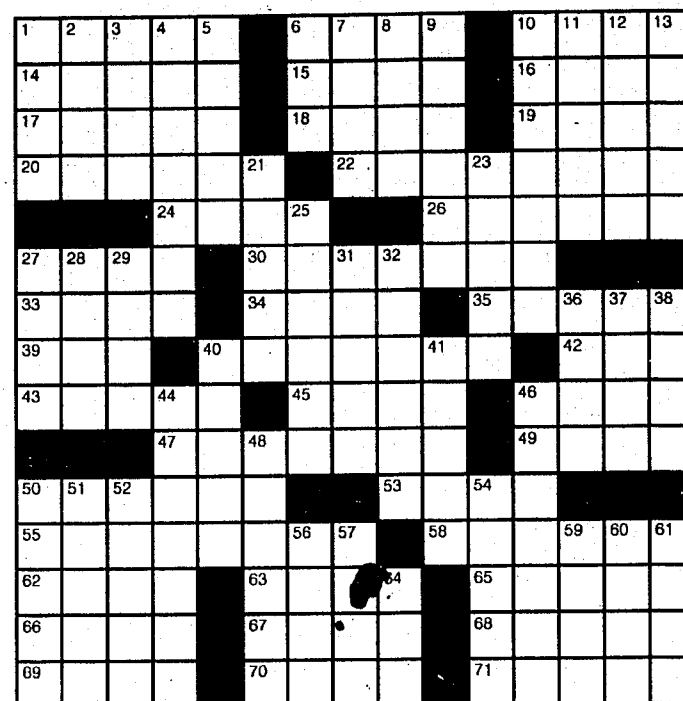
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16 Get wind (of)
17 Sun-baked brick
18 Charles Lamb
19 Eyeball impolitely
20 Designate anew
22 Devise
24 Former Russian ruler
26 Obliterated
27 In the past
30 Army leader
33 Invoice stamp
34 Mild expletive
35 Sobs
39 Colony critter
40 Commonplace
42 Seven on a sundial
43 Stratum
45 Aussie's friend
46 Window part
47 Gem dealer
49 Bread spread
50 Seem
53 Clock face
55 Shrinking back, e.g.
58 Seniors
62 Part of MIT
63 Blue shade
65 Poster star
66 Facilitate
67 Aura
68 Fictional Swiss miss
69 Winter glider
70 Distinctive flair
71 Eve of "Grease"

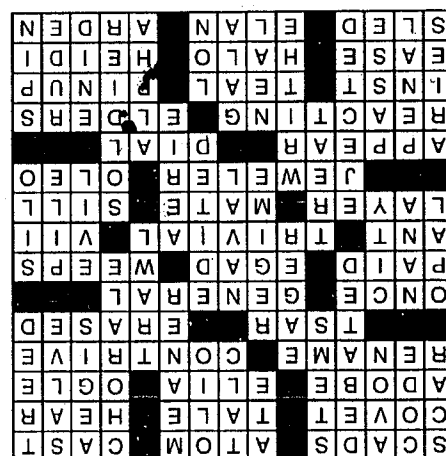
DOWN
1 Wound sign
2 Morse message
3 Bard's river
4 Engaged in formal argument
5 Parts of pipes
6 Nibbled on
7 Drying powder
8 Musical miscellany
9 More ornery
10 Harmonized hymn



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6/28/06

Solutions

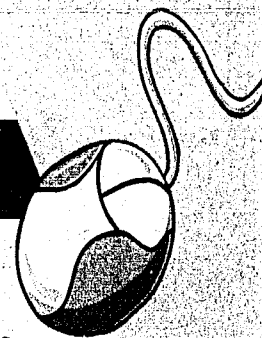


51 Of punishment
52 Out-of-date
54 Dominant male
56 "Hud" star Patricia
57 Opening night party
59 Bagnold or Blyton
60 Lacking in manners
61 Revolve
64 Chaney of "The Wolf Man"

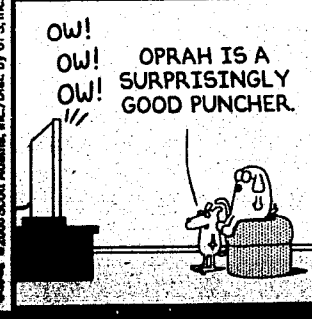
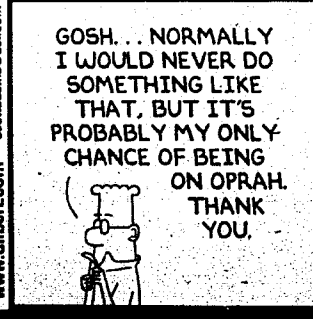
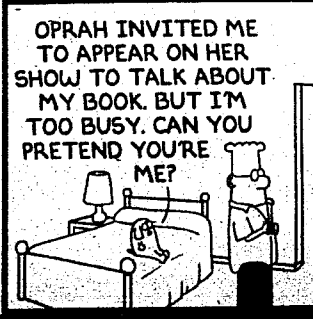
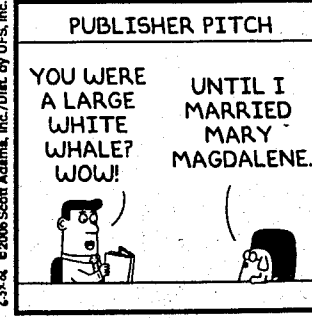
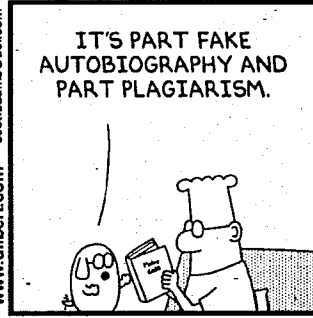
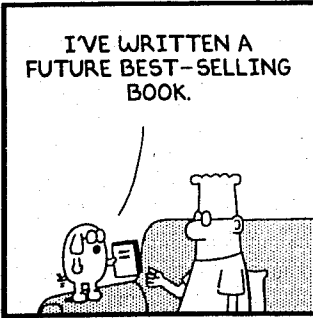
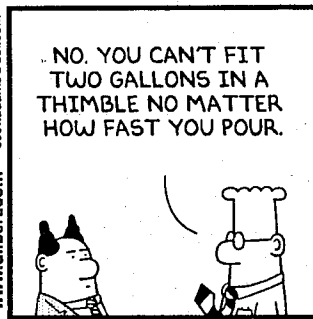
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COMICS



HOROSCOPES

By Linda C. Black
Tribune Media Services

Today's Birthday (06-28-06)
A budget and strong discipline will be necessary this year. It's not that you don't have enough money, it's that you'll think you have too much. To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

Aries (March 21-April 19)
Today is a 9 - Conditions for romance are good. It's also a good time for making long-term plans and commitments. Get next to the right person.

Taurus (April 20-May 20)
Today is a 6 - It helps to have a plan. From that, you can start making lists. Put everything you can think of on, and then start scratching stuff off.

Gemini (May 21-June 21)
Today is a 7 - You're intensely curious, and this is a wonderful thing. It may also be immensely frustrating, but that will pass. Ask for help.

Cancer (June 22-July 22)
Today is a 7 - Invest in your own business. If you don't have one, start one. You have natural talent you haven't even used, yet.

Leo (July 23-Aug. 22)
Today is an 8 - You almost know everything, but not quite. A person you love, possibly a child, will still provide lots of surprises.

Virgo (Aug. 23-Sept. 22)
Today is a 7 - Your brain will be buzzing for the next several weeks. You'll even solve problems in your dreams, a handy skill to acquire. Practice.

Libra (Sept. 23-Oct. 22)
Today is an 8 - Your communications skills will be in great demand for the next several weeks. Teach the others how, so you don't have to do it all.

Scorpio (Oct. 23-Nov. 21)
Today is a 7 - You are a stabilizing influence upon whom others rely. They, in turn, provide for your security. This is good.

Sagittarius (Nov. 22-Dec. 21)
Today is an 8 - A long drive would be the perfect place to discuss your latest idea. Take a person along with you, though. Don't depend on a cell phone connection.

Capricorn (Dec. 22-Jan. 19)
Today is a 6 - Continue to count your money, emergency stores and your blessings. Replace whatever's worn out or expired. You'll sleep a whole lot better.

Aquarius (Jan. 20-Feb. 18)
Today is a 7 - Delegate more and more of the building tasks to a qualified person. Monitor the operation so the quality remains the best.

Pisces (Feb. 19-March 20)
Today is a 7 - This is a very busy phase, and there's not a moment to lose. With discipline and persistence, you can do amazing things.

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