

THE ARBITER

INDEPENDENT STUDENT VOICE OF BOISE STATE SINCE 1933



BOISE'S VIBRANT REFUGEE COMMUNITY

STORIES FROM REFUGEES THAT
FOUND THEIR HOME IN BOISE

NEWS

06

H.B. 61 would allow Idaho residents to access out-of-state health care virtually.

OPINION

08

Boise State's parking garages need cameras for the safety and well-being of students.

CULTURE

12


From internships to volunteering, students can do their part and make Boise State a green campus.

SPORTS & REC 16


What does San Diego State's successful March Madness run mean for Boise State's basketball team?

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PHOTO OF THE WEEK



The 11th installment of Treefort Music Fest took place from March 22-26 in downtown Boise, with Julia Davis Park serving as the venue for the festival's main stage.
Photo courtesy of Preston Valles

ON THE COVER:

Learn more about the stories and experiences of refugees in Boise, Idaho.

Cover illustration by Sydney Smith

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THE BIGGEST SUPREME COURT CASES OF 2023

Veteran health care, discrimination laws and more

Kiryn Willett | News Reporter | news@stumedia.boisestate.edu

The Supreme Court made the historic decision to overturn *Roe v. Wade* on June 24, 2022. In 2023, the court will be hearing more cases that will have ramifications for minority rights, democracy and the environment.

Arellano v. McDonough

Aldolfo Arellano served in the navy for four years from 1977 to 1981. The current policy for applying for disability benefits after service gives veterans a one year window to apply after being discharged.

Arellano attempted to apply for disability benefits 30 years after he stopped serving. In Arellano's case, he is seeking benefits retroactively because his disability rendered him incapable of applying within the deadline.

The court did not grant Arellano an extension based on "good cause," upholding the current one year window. According to John Hawbaker, interim director of veteran services at Boise State University, while it would help veterans get aid retroactively, an amendment to the policy itself may be required.

"I'm kind of uniquely positioned to help people from here, help veterans least on campus to not have that same experience," Hawbaker said. "We bring in a lot of people from other agencies in the same community, so the Idaho Veterans Services Division, we bring in people from the VA itself, the Vet Center and some other organizations that are specifically like their mission is to help veterans putting these claims."

303 Creative LLC v. Elenis

Lorie Smith is the owner of the graphic design website, 303 Creative LLC. She wants to be able to refuse service to LGBTQ+ customers on the basis of her

religion. She also wants to be able to post a message on her site on why she refuses to cater to LGBTQ+ clients.

Smith has not had an LGBTQ+ customer, but Colorado's Anti-Discrimination Act prevents discrimination against protected identities, such as sexuality, by businesses — meaning Smith would not be able to refuse service if she had a queer customer. Smith is bringing the case forward on the basis that this section of the Colorado Constitution is a violation of her First Amendment rights.

The law also prevents proprietors from posting messages that implies people are not welcome on the basis of a protected identity. Idaho has the same protections, but Javier Smith, a board member at the Idaho Community Center, still believes this could have legal ramifications for queer residents in Idaho.

"The ruling party had been seeing a great use for the religious extremists," Smith said. "And they were great for a while, but now suddenly they fed the beast and now it's taken over their party. So now they have to pass these laws and get these things in there in order to appease the people that support them."

Idaho has been experiencing a wave of anti-LGBT legislation, with multiple bills targeting gender non-conforming individuals being introduced in recent months. According to Smith, the best way to ensure legal protections for the LGBTQ+ community is for congress to pass federal legalization codifying protection against discrimination based on sexuality into law.

Moore v. Harper

North Carolina Republicans drew a redistricting map 99.9% more radical than all other map options, legislating out of all democratic sets except for four.



New Supreme Court cases will address questions such as the constitutionality of race conscious college admissions. **Graphic by Sydney Smith and Sasha White**

The map was struck down by the state court. However, local republicans are challenging the court's ability to strike down policies related to elections on the basis of independent state legislature theory.

The independent state legislature theory is a reading of the constitution that claims that the state legislature has the sole right to determine the manner of elections. According to Charles Hunt, assistant professor of political science in the School of Public Service at Boise State, this is a very narrow reading of the Constitution.

"It is not widely accepted," Hunt said. "It's that strict of an interpretation that courts cannot have any kind of judicial review on questions of elections."

According to Hunt, this theory would grant state legislatures more power before and after elections take place. At its fullest

extent, the independent state legislature theory would allow legislators to make policies about elections that contradict existing laws, without any other government check or judicial review.

Students for Fair Admissions Inc. v. President & Fellows of Harvard College

This case is a combination of cases from Harvard University and University of North Carolina, where plaintiffs accuse Harvard University of North Carolina of having discriminatory admissions practices against Asian American students.

The case deals with the issue of whether or not colleges have the ability to enforce race conscious practices. Harvard's race-conscious processes were upheld in the circuit court ruling as acceptable under the previous supreme court rulings on race-conscious admissions practices.

WHY DID THE U.S. ARMY FALL SHORT OF THEIR 2022 RECRUITING GOAL?

Spokesperson for Army recruitment and a combat veteran offer contrasting explanations

Brydon Black | News Editor | news@stumedia.boisestate.edu

On Sep. 30, The Associated Press reported that the U.S. Army fell 25% short of their recruiting goals for the Fiscal Year (FY) of 2022, meaning 15,000 spots went unfilled. The Army brought in about 45,000 soldiers during the fiscal year that ended back in September, with the goal being 60,000.

The last time the Army didn't reach their recruiting goal was in 2018, and before that 2005, according to the Associated Press. Due to military policies, local recruiters were unable to speak with The Arbiter about their experiences with recruiting Boise residents into the military.

The Arbiter spoke with the Chief of Public Affairs and Marketing at the U.S. Army Recruiting, Salt Lake Battalion, Jeffrey Ross. The Salt Lake Battalion oversees the largest geographic area in the U.S. including Utah, Idaho, Wyoming, Nevada, Montana and a small portion of Oregon and Arizona.

Ross told The Arbiter that the Boise company hit 59% of their recruiting goal for this last fiscal year, with around 80%

of those recruits coming from the Treasure Valley. He said that Boise is one of the hot spots for recruiting high school seniors nationally, despite the Army not reaching their goals this past fiscal year.

Ross also said the problem wasn't lack of interest in military service; it was lack of qualification. From the age groups of 17-34, only 23% of Americans qualify for basic military service.

The number one disqualifier is applicants who are overweight or obese. According to a November 2021 Johns Hopkins study, 56% of Americans aged 18 to 25 are overweight or obese based on body mass index.

The second largest disqualifying factor is medication. In 2020, among Americans aged 18 to 44, 15.4% took medication for mental health purposes, according to the CDC. The exact number for 2022 is unclear, but reports indicate the use of prescription medication rose "significantly" following the COVID-19 pandemic.

Results from the 2020 National Survey on Drug Use and Health said that the use of illicit drugs was highest among the

group of young adults aged 18 to 25 at 37%, or 12.4 million users.

Other factors that could disqualify applicants were eyesight, nose piercings and gauged ears, which would need to be surgically repaired before consideration. Legal trouble from DUIs, possession of tobacco in certain states and parking tickets are additional factors that prevent eligibility.

Retired Lieutenant Colonel from the United States Army Special Forces, Purple Heart and Bronze Star medal recipient, Jason Amerine, told The Arbiter he believes the recruitment shortage comes down to the military not paying people enough.

"Another just inherent issue that I've always had with the DoD, the DoD wants to invest a lot more money into technology than it does its own people," Amerine said.

For the FY 2022, The Department of Defense (DoD) distributed a \$173 billion budget to the Army, according to the Fiscal Year 2023 President's Budget Highlights. Of that \$173 billion, \$43.8 billion went to pay and allowances for the regular Army, which doesn't account for the Army National Guard or Army Reserve.

According to Business Insider, for the lowest enlisted rank in the U.S. Army, Private, base pay starts at \$20,340 a year as of November 2022. After a year of service, the person will advance to the rank of Private First Class, with a pay increase to \$25,920 a year.

The FY 2022 enacted budget accounted for \$22.8 billion in procurement for the regular Army, which included spending on aircrafts, missiles, ammunition, miscellaneous spending, weapons and tracked combat Vehicles. For research, test and evaluation, \$14.4 billion was accounted for in 2022.

According to Stephen Semler, co-founder of the Security Policy Reform Institute, 74% of weapon industry giant Lockheed Martin's revenue came from congressional approved funding. For fellow industry giant Northrop Grumman, that number

was 84%.

"And then you add to that, all these congressmen in their congressional districts, they're not making money off of people joining the military, but they are making money off of local businesses that are supporting the various parts of production of the latest gadgets," Amerine said.

"The [Department of Defense] wants to invest a lot more money into technology than it does its own people."

- Jason Amerine, retired lieutenant colonel from the United States Army Special Forces

According to OpenSecrets, from 2016 to 2021, the top five military contractors received more money from the federal government than any other government contractor. The defense sector contributed \$19.5 million to congressional candidates during the 2022 election cycle, \$17.5 million of which went to incumbent members of Congress.

The first OpenSecrets article referenced details how the largest recipients of defense contractor contributions were members of Congress who serve on the House or Senate Armed Services and Appropriation Committees. These committees are in charge of drafting the annual National Defense Authorization Act, which funds the annual defense spending.

"So we have this system that basically incentivizes hardware over people," Amerine said. "And when you see an economy in the state that it is now, you suffer for it because we're not paying people enough money and we don't want to increase the pay for people, so here we are."



Due to health factors and medication usage, only 23% of Americans ages 17-34 qualify for basic military service.

Elise Ledesma | The Arbiter

NEWS

LEGISLATION GIVES OUT-OF-STATE STUDENTS ACCESS TO VIRTUAL HEALTH CARE

H.B. 61 grants virtual access to out-of-state behavioral and mental health care providers

Olivia Campbell | Staff Writer | news@stumedia.boisestate.edu



House Bill 61 will allow out-of-state students to access health care virtually through their primary health care providers if they have an Idaho health care provider license.

Taya Thornton | The Arbiter

In a world where zoom meetings and remote work fill students calendars, it is only recently that healthcare in Idaho has made the same virtual shift.

Recent legislation gives out-of-state students the opportunity to access mental and behavioral health care from providers “who are not physically present in a patient’s geographical area,” according to House Bill 61 statement of purpose.

“I had a family member who was in severe need of behavioral health help. I found myself driving to Provo, Utah, once a week to get them the help they needed,” said District 30 Rep. Julianne Young while presenting House Bill 61 in the Feb. 28 House meeting. “That provider even after we had established that patient provider relationship, was unable to practice telehealth service in the state of Idaho.”

With the recent passing of House Bill 61, out-of-state students with primary health care providers outside of Idaho, in states like Washington or California, have the option of accessing health care virtually.

Its July 1 effect date gives those living in Idaho interstate health care, so long as the provider goes through Idaho’s provider registration process.

The 40-minute discussion of the bill during the Feb. 28 House meeting brought questions and concerns over the authority to prescribe drugs virtually and the registration process for providers.

Telehealth trends show a 154% increase in telehealth visits during the last week of March 2020 compared to the same period in 2019, according to a 2020 report from the Centers for Disease Control and

Prevention.

During the height of the COVID-19 pandemic, meeting with health care practitioners via video chat or phone call became a needed option for an influx of patients.

“I still question the wisdom in not requiring providers to have an Idaho license ... because our standard of care goes away,” said District 24 Rep. Chenele Dixon in the Feb. 28 meeting.

Before the passing of this bill, providers who wished to give care to an Idaho resident would need an Idaho health care provider license.

“If I had access to an in-person provider, I would pick in-person every time. The reality is that not everyone does, and that is why we have this legislation before us,” Rep. Young said.

Until this legislation, scheduling an

appointment with a mental or behavioral health practitioner virtually meant only booking with health care providers that hold Idaho licenses.

Legislators looked to Florida’s model of virtual care to see how health care providers operating outside the state could provide virtual care to Idahoans. Florida’s solution was requiring health care providers to register with the state.

Rep. Young emphasized that the requirement for out-of-state providers to register with the state of Idaho gives everyone a “mechanism for accountability.” Despite a health care provider operating outside of Idaho, the out-of-state provider must abide by Idaho’s community standard of care when giving care to Idaho patients virtually.

“People are not rooted in one place as they used to be, and one situation that we haven’t contemplated is folks who come into Idaho that have a provider they want to keep. This bill gives them that option,” said Kate Hoss, testifying on behalf of Cicero Action.

For Boise’s large population of college students, the bill offers out-of-state students the option to keep seeing their primary health care provider via virtual care.

“We have learned that the benefits of telehealth are growing now for those in underserved or rural communities,” said Lupe Wissel testifying on behalf of Idaho’s American Association of Retired Persons (AARP). “Those who have experienced additional barriers in seeking care for themselves and their families can now find that help with telehealth.”

The legislature isn’t the only ones experiencing these changes. Many commercial health plans are broadening their coverage to include virtual health services, according to The Department of Health and Human Services’ (HHS) website.

SJR 101 FAILS TO PASS HOUSE VOTE

The constitutional amendment looked to raise signature requirements for Idaho ballot initiatives

Kiryn Willett | News Reporter | news@stumedia.boisestate.edu

On Friday, March 31, the Idaho House of Representatives failed to pass SJR 101, which would ask voters whether or not to raise the requirements for initiatives to get on the ballot from 6% of signatures in 18 districts, to 6% of signatures in all 35 districts.

The House voted 39-31 in favor of SJR 101, falling short of the required two-thirds majority to approve the amendment. Senators and constituents alike have contested the necessity of this proposal.

In the committee hearing on the proposal, sponsor Sen. Doug Okuniewicz (R-Hayden) defended the bill's necessity.

"The basic intent of the resolution is simply to give people around the state a chance to decide whether it is important to include them all in the initiative process," Okuniewicz said, "We just want to be inclusive of everyone in the state."

"Initiatives only work when it would solve ... a larger problem that state is concerned about, but lobbyists have convinced the Legislature it's a bad idea."

- Elinor Chehey, Idaho resident

In 2021, a similar bill, Senate Bill 1110, was struck down by the Idaho Supreme Court as unconstitutional. The bill also attempted to raise the number of required districts to 35. This bill, as well as its predecessor, came on the heels of Reclaim Idaho's success in getting Medicaid on the ballot in 2018.

Okuniewicz claims that by having the voters decide, this proposal is not in conflict with the Idaho Supreme Court ruling, because the court ruled that raising the required number of districts was outside of the legislature's power. However, Sen. Rutgie described the bill as "stacking the deck."

Sen. Melissa Wintrow (D) questioned Okuniewicz on why it was necessary, in which he responded by claiming that "the primary issue is that we see more venue shopping by wealthy entities or individuals, it's relatively easy to get a question on the ballot if you've got the money to do it."

Tina Hilding, a Moscow resident, testified about her personal experience as a volunteer for ballot initiatives.

"I went door-to-door asking people to put the initiative on the ballot," Hilding

said. "Sometimes it was hard to get just 12 signatures on one page."

Hilding testified about the difficulties of getting initiatives on the ballot, and how it was accomplished through the hard work of volunteers.

"I was just a volunteer, and all the people I worked with were just volunteers. It's not well funded. It's me and people like me," Hilding said. "This was democracy in action."

Idaho resident Elinor Chehey has been working on several ballot initiative campaigns, starting back in 1974 on the Sunshine Law initiative.

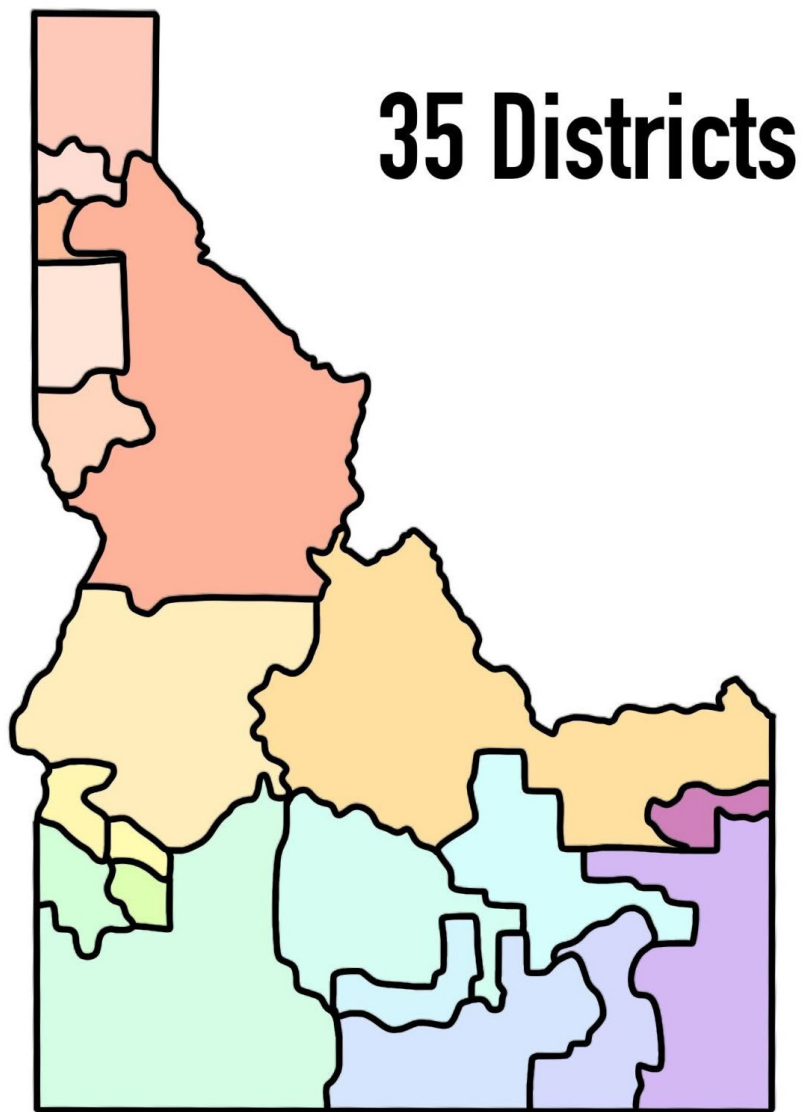
"Initiatives only work when it would solve a problem, a larger problem that state is concerned about, but lobbyists have convinced the legislature it's a bad idea," Chehey said.

"I believe this amendment is unnecessary and [creates] tyranny by a minority. It would be wrong to take away this method of changing Idaho laws."

- Elinor Chehey

Her testimony covered a common consensus among citizens who came to testify: that initiatives only worked if they were popular, not because of funding.

"I believe this amendment is unnecessary and [creates] tyranny by a minority," Chehey said. "It would be wrong to take away this method of changing Idaho laws."



Constitutional amendment SJR 101 would have required ballot initiatives to receive 6% of signatures from all 35 legislative districts in the state

Illustration by Sydney Smith



THERE SHOULD BE CAMERAS IN CAMPUS PARKING GARAGES

How the lack of cameras could and does affect student property and safety

Kiyah Henson | Opinion Editor | opinion@stumedia.boisestate.edu



Boise State's parking garages should have cameras to ensure the safety of students and prevent cases like hit and runs from going unsolved.

Taya Thornton | *The Arbiter*

In its 2022 crime log, Boise State University logged 18 incidents that took place in either the Brady or Lincoln Garage. These incidents included hit and runs, vandalism, vehicle burglary and even grand theft.

Of these incidents, 13 are still open for investigation and three are inactive (no further investigative action is required at this time or leads have been exhausted), meaning only two of the incidents logged are closed.

In comparison, Idaho State University, which has cameras with 24-hour monitoring for their parking areas, logged 72 incidents in their 2022 crime log. All but seven have been closed to investigation.

The seven incidents not closed were

outside agency reports, meaning a law enforcement agency with jurisdiction over the area received the incident. Incidents with this status are often from the previous year in response to an annual request for crime statistics.

It goes without saying that the use of cameras, specifically in parking garages, allows for more accurate and detailed overviews of incidents. This video surveillance can identify criminal activity in poor lighting conditions and provide more coverage than security guards or cameras outside of the garages are able to offer.

Boise State University has never had cameras in either of the campus garages. Though there haven't been any formal complaints, Parking, Transportation and

Safety Systems Director Linsey Hartke stated that herself and the director of security, police, and event operations feel this is an important project and are hoping to install cameras in phases once funding is found.

According to Linsey Hartke, the cost to add the infrastructure and cameras to these locations is impactful on Public Safety's budget.

She explained that installing cameras in the campus garages is a priority, and the cost to outfit the garages, stairwells and elevators with cameras is actively assessed.

According to Boise State University's Fiscal Year 2023 auxiliary budget book, the university put \$5,541,871 toward transportation and parking services during the

2022-2023 school year.

According to Campus Safety, the annual cost for safety and parking garage monitoring is \$96,500.

Linsey Hartke stated that the university administration has always been in support of Public Safety and the projects that they have brought to them. So it seems the biggest conflict in getting these cameras installed is budgeting.

"I hope that the university chooses to prioritize funding into better security not only for the protection of student property ... but also for the safety of students themselves."

Transportation and Parking Services is currently committing \$750,000 over the next few years to add additional cameras to stairwells, elevators and entrances. I hope that the university chooses to prioritize funding into better security not only for the protection of student property in the campus parking garages, but also for the safety of students themselves.

Boise is a growing city and with that, there is a larger amount of students attending school at Boise State University. The total enrollment of students at Boise State in 2020-2021 was 24,103, this is almost 2,000 more students than counted in 2015. It is crucial that we provide surveillance to make attending the university as safe as possible.

WHAT MAKES SPRING SEMESTER BURNOUT SO HARD

Why staying on track in is so difficult and how to aid burnout

Kiyah Henson | Opinion Editor | opinion@stumedia.boisestate.edu

When spring rolls around and the weather warms up, it's difficult to focus on anything other than the thought of, "wow, I can't wait for summer break!"

After trudging through the fall semester, students can be left feeling exhausted by the seemingly never-ending school work. With that comes a lot of stress on students.

Not only is schoolwork itself a huge responsibility, but adding jobs, extracurriculars and balancing work and social life to the mix takes a lot of energy and is often hard to manage.

This constant flow of work can quickly lead to burnout and makes completing tasks much more of a challenge. For example, this article was supposed to be written two weeks ago, but because I'm so burned out, it's taken me forever to get around to it.

Burnout is caused from a lack of breaks at work or in one's personal life and can manifest from things like feeling overwhelmed and neglecting personal needs.

Common indicators of burnout include exhaustion, self-isolation and reduced performance at work or in personal lives.

“Not only is schoolwork itself a huge responsibility, but adding jobs, extracurriculars and balancing work and social life to the mix takes a lot of energy and is often hard to manage.”

In this sense, it makes sense that students often find themselves struggling more in the spring semester than in the fall. After a long semester, a month break just isn't enough time for students to rest



Having overloaded work and school schedules can cause students to experience burnout, which leads to negative consequences such as neglecting personal needs and worsened mental health.

Photo courtesy of Christian Erfurt

and reset before jumping into another 15 weeks of intense learning.

Even with this time off, many students still have jobs and other obligations that can prevent them from taking this time to rest.

Spring break is certainly something to look forward to, but besides that one week, students don't have any other breaks with the exception of a couple Monday holidays.

On top of this, since the spring semester largely takes place during the winter season, many students' mental health is negatively affected by the shortened day-

light hours and the constant cold, gloomy weather.

For students who have dealt with burnout for long periods of time, it may feel like the exhaustion is completely unmanageable. However, there are ways to treat it.

According to an article by Southern New Hampshire University, students should stay engaged by taking electives of interest or joining a club or group, develop good study habits and learn to say "no" as a way to keep themselves from being pulled in too many directions.

Other ways to avoid burnout include managing time proficiently, setting realistic

expectations and practicing self care. It's okay if grades aren't perfect or that students can't do everything at once. Prioritize tasks to see what truly needs to be focused on, and accept reminders to be kinder to yourself.

Although the spring semester is tough, it's good to keep in mind that students are right around the corner from a three-month break from academics. Since burnout affects almost everyone at some point, it's also comforting to remember that we're all in the same boat.

BOISE'S VIBRANT REFUGEE COMMUNITY

STORIES FROM REFUGEES THAT FOUND THEIR HOME IN BOISE

Kiryn Willett | News Reporter | news@stumedia.boisestate.edu

Illustration by Sydney Smith



Boise, Idaho, accepts one of the largest amounts of refugees each year in the nation. Since 1975, the city has accepted over 30,000 refugees. Now, refugees have become an integral part of Idaho's culture, economy and position on the international stage.

"America is my dream..."

Shadi Ismail is one of the thousands of refugees who found their home in Idaho. Ismail fled Syria after his family learned of his sexuality. According to the NGO Equal Rights Trust, in Syria, attitudes toward differing sexual orientation is highly stigmatized and the law penalizes

homo-sexual acts with up to three years in prison. When Ismail's father found out about his sexuality, he burned his arm.

Ismail fled to live with his mother for a time before his family found him. After fleeing a second time, he lived on his own while he sought refugee status in the United States. Ismail waited three years to be granted refugee status. After being

beaten by three men on the street, Ismail was approved and settled in Boise.

Now, he works as a sanitation supervisor for CS Beef Packers. Outside of work, he also volunteers at the IRC as a translator to help new refugees find their place in Boise.

"I work food classes, share culture this way. Sharing stories. I do a human

library," Ismail said. "I do what I can to put my stamp on life, live in my own life and give to the community, the

beautiful community."

Ismail says he has felt welcomed and supported by his community. Ismail said the only time he has felt unwelcome was when he was in line for a hot dog, and a man in line said, "We don't serve AIDs here."

Despite the homophobic comment, Ismail said the response of his friends and other customers who kicked the man out

of line only made him feel more encouraged and supported.

While those in Idaho, and oftentimes other Arabic refugees, may initially be skeptical of Ismail because of his sexuality, he noted that many people changed their views after getting to know him. Participating in Boise Pride and seeing more acceptance from organizations like the IRC, which has recently included workshops on how to better help queer refugees, has made him feel at home.

"America is my dream," Ismail said. "I love the culture actually...I heard about the freedom you can be yourself. And from there that made me want to be here. And I'm glad I did."

Ismail has reconnected with his mother and siblings. Ismail believes that people who are hateful are crying out for love, and that they should be treated with love and kindness.

"Our community makes it more colorful, more diverse..."

Belma Sadikovic, EdD, content and curriculum coordinator for American Association for Academics, moved to Boise when she was just 16. In 2000, her family fled the war in Bosnia and escaped to Germany, after which they sought somewhere else to live permanently.

"You're trying to integrate as best as you can into your new surroundings because the whole point is you do want to be a contributing member of the society."

- Belma Sadikovic, EdD

"The reason why people choose to stay in their origin of where they are resettled, most likely is because they're just trying to continue their life," Sadikovic said. "They're just trying to move on and you know, continue their life."

According to Sadikovic, the increasing rent and cost of living has disproportionately affected refugees. They often have to work multiple jobs for less money, while trying to learn a new culture, language

and way of living.

"You're trying to integrate as best as you can into your new surroundings because the whole point is you do want to be a contributing member of the society," Sadikovic said.

The instability and constant movement Sadikovic experienced while in her teens made it difficult to have access to education. However, Sadikovic persevered, and she now has a Doctorate of Education in Curriculum and Instruction. Her research focuses on refugee women's access to higher education.

"It's really hard when there's no strategic support," Sadikovic said. "Especially for the refugee resettlement agencies. They are very ill-equipped with funding. A lot of them rely on volunteers."

Sadikovic believes the mentality that refugees are a liability is harmful and uniformed. Sadikovic has seen refugees at every level of leadership and society, with the common theme of a desire to give back.

"There are many refugees who have become very successful employers, who now employ many members of the community," Sadikovic said. "We need to get rid of the stigma that a refugee is here to leech or take away."

Sadikovic believes that removing barriers to education for refugees and changing how refugees are framed can help people realize that refugees just want the same things everyone else does — to be able to live their lives and feel like they belong.

"I feel that our community makes it more colorful, more diverse, and it doesn't mean that we're taken away," Sadikovic said. "They let people know that it is okay to be different. At the end of the day, we're all human beings."

"Different people, different attitudes

Hana Mutlak, originally from Baghdad, Iraq, comes from a family of store owners and bakers. It has always been Mutlak's dream to own a store, and in Boise, she has made that dream a reality. She owns a grocery store of her own, Foodland Market, where she offers goods from all around the world. She says her goal is to bring a new experience to people in Boise.

"We want everyone to test our food. It doesn't matter if it has high profit or less profit as much as we are selling more even for our community" Mutlak said.

Mutlak considers Boise her home, but she was unsure of the city when she first arrived. Mutlak had never heard of Boise, and compared to Baghdad, Boise is "just a village."

Initially, Mutlak wanted to be in bigger, busier cities, such as Chicago or somewhere in California. She also wanted somewhere with a larger Arabic community. After her daughter graduated high school, she traveled with her family to California, where she encountered a very different environment and culture from Boise.

"We need to get rid of the stigma that a refugee is here to leech or take away."
- Belma Sadikovic, EdD

"It was really different people, different attitudes, than here. Downtown was scary different than here, so I came back. Then I said, 'Okay, let me go to Chicago,' then Chicago. It's the same thing," Mutlak said. "Then in the end, I decided to stay here. I bought my house. I have an art business. So I really like it."

Mutlak has received support from her community since opening. One customer even drives for an hour to get products from

"Our customers come through mouth sharing the word," Mutlak said. "So they're really supporting us."

"I want to say thank you for America, and especially for Idaho..."

Kibrom Milash and his family resettled in Boise 10 years ago. Since then, he founded his own restaurant, Kibrom's, where he sells a variety of delicious Ethiopian and Eritrean food.

Milash's father was Eritrean, and his mother was Ethiopian. He lived with his family in Ethiopia until his father was deported back to Eritrea. His family followed his father back to Eritrea, but because of Eritrea's harsh dictatorship, his family ended up in refugee camps in Ethiopia. In 2013, they resettled in Boise.

Milash ran a restaurant while he was in the refugee camp, and continued to pursue a career as a restaurant owner and chef in Boise.

"I grew up in a business family. I was helping my father in his store. I love to cook," Milash said. "I love to share what I like to eat with people."

Despite the fact that there are only around 50 families from Eritrea and Ethiopia in Boise, Milash received support from local refugee resettlement agencies, as well community members who supported him by giving him a car.

"We were getting a lot of help from the community and from the agencies, so that made it easy for us," Milash said. "But just if it was by ourselves, it honestly would've been very hard."

According to Milash, there was not always enough food to go around in the refugee camps. He had to cook food with charcoal, but in Boise, he enjoys a full kitchen and offers a menu of nearly 40 different food items.

Milash plans to stay in Boise, but believes people in Boise can do more to help refugees. While he was able to find work quickly, many are not as lucky and are forced to relocate again.

"It will be good if they ask the person if they need something to see instead of just waiting for the refugee person [to ask]," Milash said.

"It's peaceful and the people are very nice. I just want to say thank you for America and especially for Idaho and the community of Boise."

- Kibrom Milash

Despite this, Milash believes Boise is a great city to raise a family in.

"It's peaceful and the people are very nice," Milash said. "I just want to say thank you for America and especially for Idaho and the community of Boise."



HOW TO GET INVOLVED WITH SUSTAINABILITY EFFORTS ON CAMPUS

Campus Sustainability offers opportunities for students wanting to get involved with sustainability

Sofie Eriksen | Staff Writer | culture@stumedia.boisestate.edu

Climate change remains a pressing concern. The Turkey-Syria earthquakes act as a recent reminder of the harsh realities of climate change.

At a local level, members of the Boise State University community can take steps to reduce our impact on the environment and promote sustainability.

Campus Sustainability provides different levels of involvement for students who wish to combat environmental issues and create positive change in the local community. Whether you desire to gain knowledge, volunteer or pursue a career in sustainability, the department offers opportunities for everyone.

Arie Weidemaier, the manager of Campus Sustainability, describes the department as a hub and a place for people to connect.

The department exists to build empowered communities and facilitate education and engagement with the overall mission of creating a sustainable university.

Passionate students such as Sofia Bentivengo, a junior majoring in environmental studies, already engage in sustainability initiatives to make Boise a greener city.

On President's Day, Bentivengo volunteered for "Recycle on the Mountain," an event in collaboration with Campus Sustainability and Dirk Anderson, the environmental education and stewardship coordinator at Bogus Basin.

The event aimed to educate skiers and snowboarders about recycling at Bogus Basin. Visitors could test their knowledge about sustainability and win prizes.

The event successfully resulted in more than 100 interactions between the volunteers and curious children and adults.

"I feel like especially the kids and younger people that came up learned a lot about recycling which is cool," Bentivengo said.

Volunteer options like this are open to everyone and require no commitment other than participation in the particular event.

The next opportunity is "Race to Robie Creek Recycling" on April 15. "Race to Robie Creek" is a half marathon taking place in Boise and students will get the chance to join the Campus Sustainability team for a day to educate people about recycling, similar to the efforts last month at Bogus Basin.

Bentivengo recently joined Campus Sustainability as the event coordinator.

"I really wanted an on-campus job and I am passionate about sustainability and environmentalism," Bentivengo said. "I wanted to get involved with something in the community I live in and I have felt so connected lately."

Being a member of the student staff is a way to combine involvement with work. Positions often require 15-20 hours a week.

"Especially for the student staff, we can work on developing certain skills that you want to develop for building your resume," Weidemaier said.

Eco-Rep is the newest program offered by Campus Sustainability. It is an opportunity for students seeking to get involved on a lower level than joining the student staff.

COVID-19 put a hold on the program, which just got back up and running last semester. The program now wishes to increase its presence as well as attract more applicants.

Eco-Reps discuss ideas and receive



Campus Sustainability at Boise State seeks to involve students in sustainability efforts across campus and in the greater Boise community.

Photo courtesy of Sofie Eriksen

input from guest speakers at biweekly meetings which correspond to about 35 hours the entire semester.

The program aims to connect undergraduate students wanting to get more involved with the community and inform other students about what they feel passionate about.

Each Eco-Rep gets a \$200 scholarship, as well as the possibility to get internship credits. Furthermore, they gain experience in planning, coordinating and leadership in sustainability.

It comes with a lot of freedom to shape your own experience and learning process.

Eco-Rep Coordinator Kylie Stear handles the coordination of guest speakers, tabling events as well as being a point of contact for the Eco-Reps getting them more involved with the community.

"We're not teaching courses, you know, we're not certified professionals. We're just getting our feet wet in community outreach," Stear said.

During the semester, Eco-Reps will work together on brainstorming ideas and turning them into small tablings on different topics of their interest.

"Last semester, we had some students do a tabling bid on textile waste, and some brands that aren't so sustainable and what you can do to kind of upcycle your clothing, things like that, where you can shop to shop secondhand," Stear said.

This year's Earth Week in April will highlight "Solutions" as the main theme.

"We really, really feel like there is a lot of doom and gloom around sustainability and environmental talk. We want to have solutions and more positive talks," Weidemaier said.

The events include several initiatives and guest speakers from students, doctors and workshops.

"Last year we got a mayor to come in and certify us as a certified Tree Campus and had a really great turnout with like 120 people attending the first event," Weidemaier said.

Campus Sustainability makes it easy to get involved and meets students wherever they find themselves in their journey with sustainability.

Look out for posts on @sustainableboisestate on Instagram or their website to get the latest news and opportunities.

TAKE A BITE INTO THE FESTIVITIES AT FOODFORT

An inside look at local food sustainability

Kaylie Hilliker | Staff Writer | culture@stumedia.boisestate.edu



Foodfort, one of the subsets of Boise's annual Treefort festival, invites regional and out-of-state chefs for a celebration of food and culture in Boise.

Elise Ledesma | *The Arbiter*

Promising five days of organized chaos, Treefort offers the Boise community a spring break experience like no other. Choosing where to go and what to do might produce a headache, but every choice is worth it, especially taking a bite out of the Foodfort festivities.

One of the many “forts” available to the public, Foodfort centers around the celebration of food from regional chefs and other names in the industry from outside the state of Idaho.

The sponsors of Foodfort are The Boise Co-Op, Snake River Farms and the Teff Company.

Tyler Schnur, the marketing director of the Boise Co-Op, spoke about Foodfort and the contributions the Co-Op provides to Foodfort events.

“How are we going to support the local economy?” is the main question Schnur sought to answer on a specific and broad scale. One avenue for supporting Foodfort is through sourcing ingredients locally for events such as Street Eats, which took place at Zoo Boise on Thursday, March 23.

Another way to expand the Co-Op reach and support the local community is through multiple tunnels of collaboration. The Co-Op partners with thousands of vendors in the greater Boise area and seeks to uplift the Boise community through programs like the community fund.

“Local for us is a 150-mile radius around our store plus the state of Idaho. That’s where we go first to bring on new vendors,” Schnur said.

New vendors are the creatives in Boise crafting homemade soaps, jewelry, biodegradable totes to organic produce, and even heirloom mushrooms. Schnur said that during COVID, people became creative and started pitching new product lines to the Co-Op.

“We have our same community in terms of vendors. We have probably added 50 or more vendors since last year,” Schnur said. “What we have noticed in change is definitely the demand.”

For instance, a small mushroom farmer will sell 10-20 pounds of lion’s mane in a day at the Co-Op versus selling the 10-12 pounds during an entire week before

COVID and the uptake of the Boise population. These smaller-scale farmers have to make more deliveries or double their footprint of production. The growth curve has not been slow, to say the least. It’s good for business, but also demanding.

The Teff Company, another sponsor for Treefort, told *The Arbiter* in an email interview from Royd Carlson (part-owner) that their goal is to aid local farmers with a sustainable product to provide income and conserve resources.

“Teff is a low-input crop, which means growing teff requires less investment by farmers and also helps to shield them from the high costs or risks that can be part of growing other crops,” Carlson wrote.

The Teff Company, along with the Boise Co-Op, is passionate about uplifting local chefs, including some who have worked with Teff in the past or use Teff in their main ingredients.

“We are happy to be able to return the favor a little bit and support the event,” Carlson wrote.

These Foodfort sponsors seek to foster a positive impact as a whole, from individuals to restaurants.

El Korah Shrine, located on 1118 W Idaho St., was the venue for “Taste Buds: A Vegan Lunch with Hugh Acheson and Doug Martsch.” Around 100 people attended, sitting at round tables with happy faces awaiting their vegan three-course meals.

Chef Hugh Acheson welcomed his guests after a short introduction about the delicious vegan feast he prepared for them: “Long live Treefort. Let’s do this.”

Doug Martsch, singer and guitarist for local indie rock band Built to Spill, strummed three songs and crooned out his vocals with tranquil notes. The main course of the lunch was cabbage, which is a versatile vehicle for many versions of dishes in the vegan diet.

Foodfort Director Dave Yasuda was at the lunch event, serving guests alongside Hugh Acheson and the volunteers.

According to Yasuda, Boiseans can take action to support regional agricultural sustainability by staying educated on the value of organic versus local produce.

“As a consumer, you need to be educated. People focus on organic, but if I’m going to be buying an organic tomato in January, it’s not local,” Yasuda said. “And at the height of the season, if it’s August or September and you are buying a tomato, you are better off getting it local because anything shipped from Mexico or California is not going to be as good as it is here.”

Yasuda went on to explain how the growth of the Boise area has been good for the food industry economy as a whole since line cooks are paid more than they were several years ago. Despite that change, prices for eating out have also increased since 2019. He gave simple advice for supporting restaurants: it’s easy as pie.

“It’s a financial balance: I was dining out more before than I am now because the cost is higher. But I want to support people. If you want to support restaurant workers, be sure to tip,” Yasuda said.

Appropriate tips are around 15-25% on average.

“Go to local markets,” Yasuda said. “We are really fortunate in season. There are some awesome farmers markets.”

The local markets such as Boise Farmers Market and Capital City Public Market are a hop, skip and a jump away.

Yasuda also likes to visit other spots in Nampa to meet people and see the mercantile and fresh produce available. The plethora of markets is incredible: Meridian, Emmet, Eagle and Fruitland all have farmers markets at Bosicans’ fingertips.

Treefort has arrived and has departed from the city scene, but more mouth-watering events are sure to come next year.

CULTURE

PERIOD POVERTY IS A PRESSING ISSUE IN THE TREASURE VALLEY

Local organizations are working hard to provide reproductive health resources to the community

Ella Van Leuven | Staff Writer | culture@stumedia.boisestate.edu

A world where people aren't able to access the health products they need isn't a dystopian reality. It's a very real situation for many people who need reproductive health resources but cannot obtain them.

Products like tampons, pads, menstrual cups, condoms and emergency contraceptives can all be difficult for people to acquire due to financial difficulties, safety reasons or other adversities.

Period poverty, according to Medical News Today, is defined as "a lack of access to menstrual products, education, hygiene facilities, waste management, or a combination of these," and is an increasingly large concern as more and more people lose access to the reproductive health resources they need.

Period poverty is actively affecting groups of people in the Treasure Valley, including students at Boise State University. The most recent census reports that over 11% of Boise's population is living at or below the poverty line, and these aren't the only people who are affected by period poverty.

According to Madeline Patterson, president of Boise State's student-run Menstrual Equity Club, a lack of access to reproductive health resources affects many aspects of student life.

"Students affected by period poverty may have lowered self esteem and a harder time making it to class due to lack of products to manage their period," Patterson said.

The Campus Food Pantry, which offers free menstrual products to students, is a resource that is often utilized by students.

Patterson also mentioned that when there are no longer any products available, there are often students asking for them. Even during this time of limited accessible resources, those in the Treasure Valley who need reproductive health products aren't alone. There are multiple non-profit groups in the area working to

provide reproductive health resources to people in our community.

One of the groups in the area, Idaho Abortion Rights, is a mutual aid supporting people and giving them direct access to emergency contraceptives, condoms, birth control, pregnancy tests and information on where they can get birth control and abortion access.

According to Kimra Luna, a volunteer at Idaho Abortion Rights, the group is entirely made up of volunteers and funded by donations.

"Every dollar goes back into the community," Luna said.

One of the group's major projects has been the distribution boxes set up in businesses across Idaho.

These boxes contain completely free reproductive health products such as pregnancy tests, condoms and emergency contraceptives, and are available at several

local businesses including Flying M, Purple Lotus, and Flying Pie. A complete list can be found on the Idaho Abortion Rights website.

The Idaho Abortion Rights website also offers other resources to people in the area, including lists of free and low-cost birth control and secure messaging to discuss pregnancy options and abortion access.

Luna says the organization is continuing to grow every day.

"We've noticed a big outpouring of people supporting us and what we do. Everyday we get more donations. We get people reaching out on our Instagram asking how they can help. We've seen the community really coming together," Luna said.

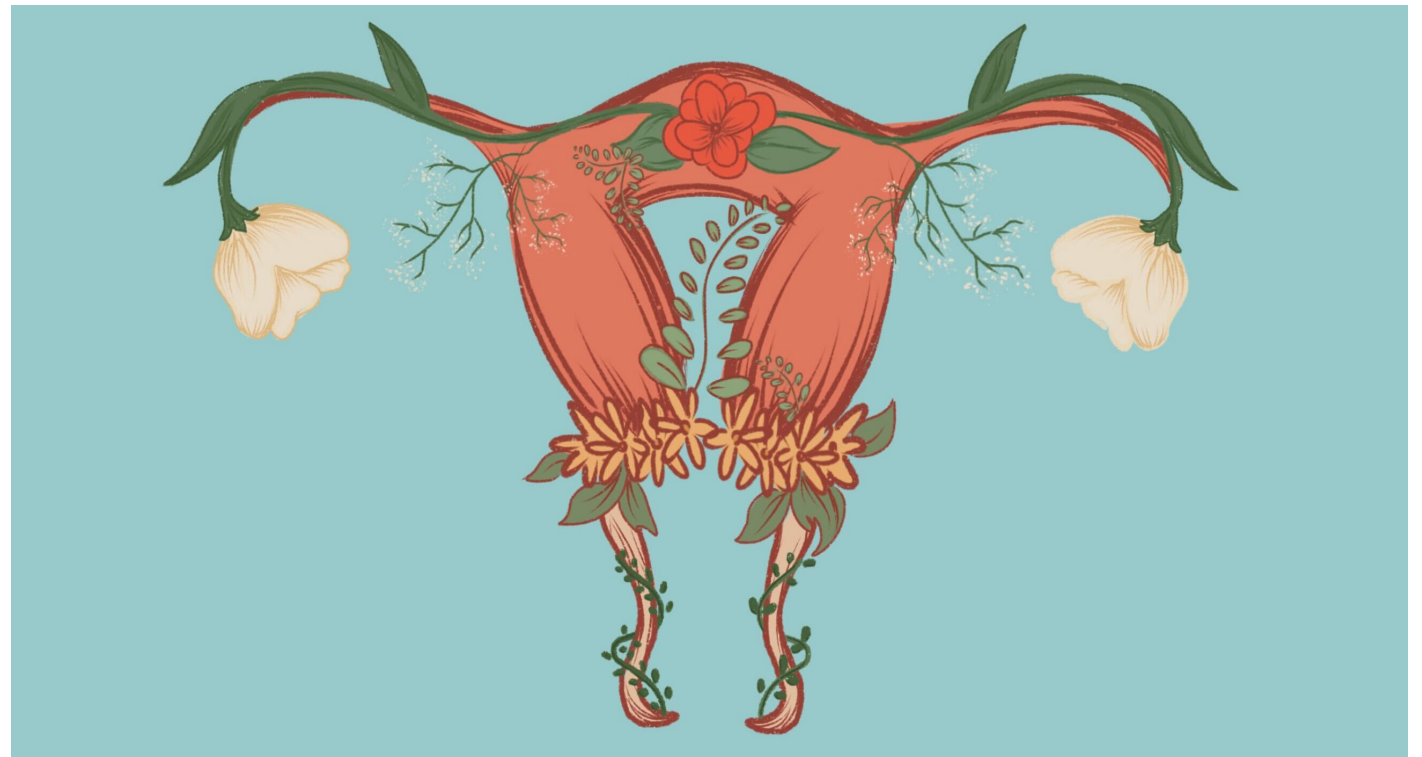
Luna encourages people to educate themselves on reproductive health, especially abortion, so they can feel more

confident in their decisions and better understand what's happening around them.

The Boise Period Project is another great reproductive health resource for people in the Treasure Valley to turn to.

The group creates packs of free period products for those in Boise who aren't able to access them, distributing them to homeless shelters as well as the rest of the community. There are distribution locations in Boise, Meridian, Garden City, Caldwell and Twin Falls, including all Boise Public Library locations.

Students at Boise State who can't obtain the products and resources they need aren't alone. Through groups like Idaho Abortion Rights and the Boise Period Project, people in our community still have the opportunity to access reproductive resources.



On-campus organizations such as the Menstrual Equity Club and the Campus Food Pantry look to provide free menstrual products to students. Illustration by Sydney Smith

WHY STUDENTS ARE PICKING UP FICTION WRITING AS A HOBBY

How writing fiction creates endless opportunities for all

Emily Gordon | Culture Reporter | culture@stumedia.boisestate.edu



Members of Boise State’s Freewrite Club come from a variety of majors, proving that you don’t need to be in the arts to enjoy the benefits of fiction writing.

Illustration by Sydney Smith

Humans are natural storytellers. Since the very beginning of time, humans have created and passed down stories from generation to generation.

The process of creating stories and fictional narratives can provide the storyteller with a connection with others and allow an emotional release for the writer as they create an entirely fictional story which only they can control.

Creating a fictional story allows the writer to think more clearly about their situation. By pouring your emotions out

into poetry or a fictional character, you can simply detach.

Charles Pineda, a fiction Master of Fine Arts student and creative writing instructor at Boise State University, explained this process and how he teaches it to his own creative writing students.

“If you’re in a really bad situation, make your character go through it and what they do might surprise you,” Pineda said.

This idea can sound intimidating, but it works. Creative writing allows writers to step away from their personal life, and

create an entirely fictional universe in which they are in control and there is no longer a need to conform to anyone else’s ideas or opinions.

When writing fiction, you are entirely free to write whatever you desire, even if it’s messy and chaotic.

“Don’t worry about having your character make smart choices,” Pineda said. “If characters made smart choices, you’d have no story.”

Writing is not a beautiful and clean art. Some of the best pieces of literature were derived from chaos.

Kara Killinger, a first-year fiction Master of Fine Arts student, explained how writing fiction has been an outlet for her. “Sometimes it is like emotional processing, but maybe there’s a story that can come out of it,” Killinger said.

Killinger and Pineda both explained that students often struggle with finding “story worthy” subjects. Though all it takes for an idea to be worth writing is compassion toward yourself, and just about anything that strikes an interest or emotion has the potential to be “story worthy.”

Boise State’s Freewrite Club is an open community for all those interested in writing, and whether you decide to share what you write is up to you.

Will Beaulieu, a viola performance student at Boise State, is one of many students to have benefited from the club’s opportunities.

“It (Freewrite Club) doesn’t need anything from you besides just you being here and participating in the culture. This can be a place for you to still be heard,” Beaulieu said.

A majority of the Freewrite Club members are not even literature or writing students, just those who find solace in creating stories.

Brady Wright, a games, interactive media and mobile student, has published five books outside of his studies..

“I write simply because if I think an idea is cool, I might as well do something with it,” Wright said.

Students often fear that writing is a chore, influenced by essays and analysis papers assigned in English classes. However, writing can be anything.

Letting go of your critical thinking for just a moment, and letting your mind wander among the pages of your own words can teach you so much, both about yourself and the world around you.

Daisy Rosenstock, a poetry Master of Fine Arts student at Boise State said, “Writing inspires empathy.”

Writing is a creative process and can then be used personally to examine how you are choosing to process your emotions or certain events.

“It (Freewrite Club) doesn’t need anything from you besides just you being here and participating in the culture. This can be a place for you to still be heard.”

- Will Beaulieu, Boise State viola performance student

Writing fiction, even for just yourself, is an extremely cathartic tool that often goes overlooked. There is power in letting your imagination run wild and displaying parts of yourself in words.

Allow yourself the opportunity to create. Whether it’s an intense fantasy world where you are the main character, or a poem expressing difficult emotions, let your mind wander.



HOW SAN DIEGO STATE'S FINAL FOUR RUN HELPS AND HURTS BOISE STATE

The Broncos expect to see more money and competition after the Aztecs reach the Final Four

Adam Bridges | Sports & Rec Editor | sports@stumedia.boisestate.edu

After defeating Creighton University 57-56 on March 26, the San Diego State Aztecs reached the Final Four for the first time in program history, becoming the first Mountain West team to reach the semifinal round of the NCAA Tournament.

With Boise State being in the same conference as San Diego State, they have received benefits and drawbacks from the Aztecs' playoff success.

Here is how San Diego State's successful March Madness run impacts Boise State.

How it Hurts

Because Boise State and San Diego State are conference rivals, it does hurt fans a little bit to see the a rival team become successful.

Aside from attacking the pride of Boise State fans, it also does not help that the Broncos and the Aztecs have been competing against each other for a shot to enter a Power Five conference.

Since USC and UCLA announced their intention to leave the Pac-12 for the Big Ten, a handful of teams in the Group of Five have been rumored to be potential replacement candidates.

Despite both Boise State and San Diego State being rumored to have a chance at joining the conference, San Diego State's basketball success gives the Aztecs an edge over the Broncos.

The trip to the Final Four also makes San Diego State a desirable destination for recruits and transfers. This larger influx of higher quality players makes Boise State's chances of recruiting high caliber players themselves and contending for a future Mountain West title much more difficult.



San Diego State's success in this year's March Madness tournament will bring \$1.49 million in total to schools in the Mountain West conference across the next six years.
Elise Ledesma | The Arbiter

How it Helps

San Diego State reaching the Final Four will help out every school in the Mountain West.

The most prevalent benefit is the financial gains that each team receives for the March Madness units. Each conference receives a unit for every appearance made by a team. Each team can receive up to five units, with each unit approximately paying out \$342,000.

San Diego State earned five units and helped the Mountain West earn approximately \$1,710,000 of their \$2,736,000

received for each unit in the tournament.

This means that Boise State, along with the 11 other Mountain West schools, will receive around \$1,490,000 over the course of six years.

On top of the direct financial gain from the run, the Mountain West received more prestige and recognition for San Diego State's performance as well.

The Mountain West has been perceived as a weaker conference in every sport for many years.

San Diego State proved to the nation that the Mountain West conference can

compete against any team in the country after defeating the No. 1 seed Alabama 71-64 in the Sweet Sixteen.

The Aztecs' run will most likely result in higher future March Madness seeding for every Mountain West school in the tournament.

Whether San Diego State's basketball success has more positive or negative effects on Boise State, it is undeniable that the Aztecs' run to the Final Four has been nothing short of entertaining.

FOUR PLACES TO GET ACTIVE AND KEEP COSTS DOWN

From Bogus Basin to Idaho Ice World, there are plenty of discounts students should take advantage of

Alec Simeone | Staff Writer | sports@stumedia.boisestate.edu



Ski resorts like Bogus Basin and Brundage offer discounted rates for students looking to hit the slopes.

Photo courtesy of Arianna Khariz

Boise is home to a variety of activities one can participate in to stay active, so much so it can be overwhelming.

Getting a good deal nowadays is also challenging. Whether you're dealing with campus parking or the notorious \$11 lucky charms in Market Boise, students must make every dollar count.

With that in mind, here are four great recreational activities in the Boise area that keep costs down.

These activities either offer a student discount or are under \$30.

Vertical View

Boasting 150 climbing routes, 75 anchor points and 16,000 square feet of climbing area, the Vertical View rock climbing gym offers a dense rock climbing experience.

For a crisp \$20, the gym offers a single-day access to all kinds of indoor climbing including belaying, bouldering and lead climbing. If you want to rent

special climbing shoes and a harness, it will run you an additional \$5 each.

On top of that, Vertical View has its own yoga center, weight room and even a pool table.

If you want to go regularly, Vertical View's student discount knocks \$10 off their monthly membership, totaling to \$75 per month.

The staff is very friendly too. Firstcomers may be offered a tour of the facility and a quick belay safety course.

Vertical View is a great place to get a workout and have some fun at an affordable cost.

Bogus Basin

Bogus Basin is only 45 minutes away from campus and serves as a great place to hit some groomed runs, shred two terrain parks and get a good powder session in.

The resort has 10 lifts and 86 runs across 2,600 acres of beautiful snowy mountains.

While not the cheapest on the list, Bogus does offer some of the best rates for students.

Next season's adult winter season pass starts at \$589, but students can pick one up for \$399. You would only have to go five times to get your money's worth, as day tickets cost \$79.

If that seems a little steep, Bogus also knocks \$19 off the night pass for students, totaling to \$119. If you've had a pass before, you can register as a "reloading young adult," which cuts the price down to \$99.

Bogus Basin also provides 25 mountain biking trails for the summer season.

Fourteen downhill mountain biking trails are accessible from the Morning Star chairlift, and 11 multi-use cross-country trails are available on the Deerpoint chairlift.

Summer passes are \$149 for students and will become available on May 15.

Brundage

Brundage is another great Idaho ski

resort that is only two and a half hours away.

Their season pass is more expensive than Bogus Basin, but they offer a larger student discount. Their normal pass for next season is \$699, and only \$429 for students.

Brundage is strategically positioned to catch maximum snow from storms in the north, and their 26 feet of snow per year back that up.

The resort is home to plenty of tree skiing, a great backcountry experience, as well as two terrain parks. It may be a little bit further, but the variety on the mountain justifies the drive.

Their six chairlifts, 70 named runs and 1,500 acres are all that new or experienced skiers could ask for.

Get a pass quickly though, the price increases by \$70 after May 1.

Idaho Ice World

Just past Gowen Field lies the cheapest activity on the list: Ice skating at Idaho Ice World.

A 10-minute drive and \$12 fee will get you skates, access to the ice and the rinkside food court.

Public sessions typically last about two hours. This makes scheduling skate time a bit tricky, but the rink is usually open to everyone every Friday from 8 p.m. to 10 p.m.

Aside from that, weekends usually have a couple of two hour blocks open to the public. However, times can vary.

You can also play pick-up hockey games at Ice World.

For \$14 admission (\$7 for goalies) you can schedule a pickup hockey session for an hour and 15 minutes at a time, with a max of 20 players. You are required to have your own protective gear.

SPORTS & REC

WHAT'S NEXT: PLANS FOR THE BOISE STATE MEN'S BASKETBALL TEAM

Boise State's men's basketball team has a promising future despite the loss of key players

Marlei Soderquist | Sports & Rec Editor | sports@stumedia.boisestate.edu

After wrapping up their season with a loss in the NCAA tournament, the Boise State men's basketball team already has plans for next year.

The Broncos had a great season despite losing in the semifinals of the Mountain West tournament and losing in the first round of the NCAA Tournament.

Even after coming off the 2021-22 Mountain West Championship winning season and losing some of their most prominent players and leaders on the team, the Broncos performed better than anticipated.

With a win over No. 18 San Diego State in late February, finishing with a 13-5 conference record (24-10 overall) and an NCAA Tournament appearance, the Broncos far exceeded expectations.

"Not to move on to next year quite yet, but we got some great guys," head coach Leon Rice said after the loss to Northwestern in the NCAA Tournament. "We have a terrific nucleus coming back. Probably three all-league players coming back, some great freshmen players coming in. There will be some more. We're going to be pretty special. But that's for tomorrow."

There is a lot of hope for the Broncos' future, and after just a short time of concluding the season, Boise State's men's basketball team already looks a bit different.

Transferring Out

After the conclusion of the season, three Broncos — Burke Smith, Pavle Marvonovic and Sadraque NgaNga — have entered the transfer portal.

Among the three is NgaNga, a 6-foot-10 forward from Chandler, Arizona, who was one of the top-100 recruits in the country and Boise State's highest recruits in the history of the program.

NgaNga turned down multiple offers from other schools including the University of Arizona, Auburn University, the

University of Kentucky and the University of California, Los Angeles (UCLA) to come play for Boise State.

With incredibly high hopes for the highest recruit in Bronco history, NgaNga fell short of many expectations. Despite coming off an injury he suffered just before arriving to Boise, the freshman forward couldn't produce what the Broncos so desperately needed this season: a strong player off the bench.

As three players look to transfer from Boise State in search for greener pastures, it opens up more spots on a roster that is in desperate need of alterations.

Recruits

The Broncos have been incredibly active on the recruiting side.

At the moment, the Broncos have signed four new players, some coming fresh out of high school, others fresh out of the transfer portal.

Andrew Meadow, a 6-foot-6 power forward from Stevenson Ranch, California, has had high praise as he was recruited by the likes of Cal Poly, Fresno State, New Mexico and Loyola Marymount.

New recruit Emmanuel Ugbo, a 6-foot-8 power forward from Ludwigsburg, Germany, is one of the tallest recruits for Boise State this year and adds a unique combination of size and deep shooting to the Bronco roster.

Another one of the new signees, Chris Lockett Jr., is a great addition to the Boise State roster. Lockett was pursued by the likes of Baylor, Georgetown and Houston.

Lockett was also recently awarded MaxPreps Louisiana high school player of the year, and to add onto his accolade, he was also awarded the Louisiana Gatorade player of the year.

Fresh out of the transfer portal, the Broncos were able to snatch up Roddie Anderson out of UC San Diego.

As a Triton, Anderson averaged 15.8 points a game and 3.9 assists per game,



Though Boise State men's basketball is losing prominent members such as freshman guard Sadraque NgaNga after this season, the team will also welcome promising new recruits.

Elise Ledesma | The Arbitrator

leading all freshmen in the Big West conference. He was also named as an Honorable Mention for All-Big West.

As Marcus Shaver Jr. looks towards the NBA draft and leaves his mark at Boise State, the two guards have many similarities.

Shaver was also a transfer to Boise State, and the two guards are comparable in stature and production.

As Anderson accumulated 27 starts as a freshman at UC San Diego, the new Bronco seems to be a shining contender for a starting spot as a Bronco.

The addition of Anderson on the Broncos' roster is a glimmer of hope as the Broncos look towards a year of reconstructing a starting line up that lost two starters.

The 2023-24 Season

Though it is only a short time after the loss in the NCAA Tournament, the Broncos' future looks more promising than this last season looked in the preseason.

The Broncos will look to go back and secure the Mountain West Conference championship and go to the NCAA Tournament for the third straight year.

CAPRICORN
DEC 22 - JAN 19



TAKE AN INNER LOOK ON AN AREA OF YOURSELF THAT COULD USE MORE LOVE

ARIES
MAR 21 - APR 19



LEAN INTO YOUR STRONG DESIRE TO LAUNCH A NEW PLAN IN YOUR LIFE.

OUR BEST GUESS

THE ARBITER ALIGNS YOUR STARS



CANCER
JUN 21 - JUL 22

NOW IS THE TIME TO CHANGE DIRECTIONS, QUIT YOUR JOB OR SOMETHING!



LIBRA
SEPT 23 - OCT 22

DO SOMETHING NICE FOR A LOVED ONE, AND DON'T TELL THEM IT WAS YOU

AQUARIUS
JAN 20 - FEB 18



A WAVE OF RELIEF WILL BE CRASHING ONTO YOU SOON, PREPARE FOR CLARITY ON BIG DECISIONS

TAURUS
APR 20 - MAY 20



SAVOR THE SITUATION YOU'RE CURRENTLY IN BEFORE JUMPING INTO ANOTHER



LEO
JUL 23 - AUG 22

IT'S ALMOST SUMMER— EMBRACE SPONTANEITY AND GO ON A TRIP



SCORPIO
OCT 23 - NOV 21

CHANGE YOUR SELF-CARE ROUTINE FOR THE SPRING SEASON— ADD A YOGA SESH OR TRY A HOT GIRL WALK

PISCES
FEB 19 - MAR 20



FOCUS ON THE BIG PICTURE IN YOUR LIFE RIGHT NOW, DON'T STRESS ABOUT THE NITTY-GRITTY

GEMINI
MAY 21 - JUN 20



JOURNAL ABOUT YOUR CURRENT GOALS, THE STEPS TO MAKING THEM TRUE WILL UNRAVEL

ILLUSTRATION BY SYDNEY SMITH

ARIES
MAR 21 - APR 19

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GRAPHIC DESIGNER

DESIGN@STUMEDIA.BOISESTATE.EDU



VIRGO
AUG 23 - MAY 20

YOU ONLY HAVE ROOM FOR GENUINENESS, MAKE SURE EVERYONE IN THERE IS WORTH IT



SAGITTARIUS
NOV 22 - DEC 21

THIS IS YOUR NUDGE TO DO SOMETHING YOU'RE PASSIONATE ABOUT, GO DRAW, GO RUN, IDK



BOISE STATE UNIVERSITY

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At the Boise State University Department of Public Safety



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JEREMY ZUCKER

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BOISE, ID
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COLLEGE
TOUR

