Prez candidates debate smoking

BY LIS STEWART
staff writer

The five candidate running for ASUSU president — the largest number of candidates for the office in years — debated Monday in the Hub on how to best keep students informed, responsible money management and whether ASUSU should become a non-smoking campus.

In regards to USU's statin on smoking, the candidates were split on the issue. Candidate Luke LaPlante thought he has opin ions of his own, it comes down to the students. "I think it would actually be good," Ensign said, "but it all comes down to number one — what the students think about that. What do the majority say?" Candidate Jared Smith also weighed in on the issue for students to decide. Candidate Jesse Caras said he was for a campus-wide smoking ban. "You’re even on a whiff of somebody’s smoke coming through while you’re walking to class. They are infringing on your rights." Caras said. "They can smoke on campus — that’s totally fine, they can live their lives, but they are infringing on someone else’s smoke coming through while you’re walking to class. They are infringing on your rights." Ravitz observed.

"I think they are not under standing what the students think," LaPlante said. "If someone will sit down and talk and listen to them, we could throw events for them and have ASUSU accountable to the students."

"I’ve noticed in my time here...." Bybee said.

Engineering event caters to community

BY ANDY PIERSCIO
staff writer

Blake Lance, a mechanical engineering PhD student, stood next to the display on nuclear energy during the College of Engineering’s annual Community Expo on Thursday. Lance explained to visitors of the importance of nuclear energy and the skills a USU mechanical engineering student can gain in the field.

"People don’t realize how much a mechanical engineer can do with their training," Lance said. "A student can leave USU and have the skills necessary to work at a nuclear power plant.

"It’s easy to make things interesting when you’re getting shot at or potentially griefing or chasing down trucks with some people," LaPlante said. "It’s like a James Bond movie."

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CNN reporter with aspirng writers

BY DANIELLE MANLEY
staff writer

CNN enterprise reporter Jessica Ravitz will be on campus Wednesday at 11:30 a.m. in the Marriott Library Grand Ballroom as part of the Moira’s Media and Society lecture series.

Ravitz is well known for her coverage of the mutilated Afghan teen Aesha that adorned the cover of TIME magazine in 2005.

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The event showcased student projects involving all of the different engineering labs. There was also a branch presentation and a display with USU spider goats. This is a great event," Bybee said. "We are excited that so many people from the valley are coming out to learn more about engineering.

Members of the community and students from USU visited the different displays and tables, which...
Candidates fight for ballots, primary vote ends Tuesday

"If you're not voting, because we didn't tell you to vote with a bumper sticker or a street sign, we haven't really lost any quality voters," said Abigail Kingsford. "It's up to us to make enough to look at the candidates and make an informed decision, because those are the votes that will decide whether we honor any of our incentives." Kingsford said the committee made significant progress with these changes, and a new goal going forward is to ensure the election of the three candidates best suited to serve the largest number of students in the most barrier-free manner possible.

"My hope, and one of the reasons that we made this change, is that candidates will have a fair shot at making an effort to connect more directly with student groups to sell themselves as candidates and that we will see a decreasing number of campaign gimmicks and issues and candidates' qualifications," she said.

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New bylaws change race, disallow coupons

BY MALDON STONE

In previous years, campaign materials were printed with a "none of the above" option on the ballot. While this option is still available, students are limited to choosing a candidate and their platform. If students choose this option, their ballot is invalid.

"We've always known the bylaws could be changed," said Smith. "If students want to hold us accountable, feel free to come up with your own ideas. We'd love to hear what you think and take your feedback into consideration as we move forward."

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ASUreative: Debate talk of money, involvement and smoking rules

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BrieFS: Community & Campus

Museum shows world symbols
Cros-Cultural Perspectives on the topic of symbols was the focus of the recent exhibition of the National Museum of Natural History at Utah State University and its Museum of Anthropology. The exhibition ran from 10 a.m. to 4 p.m. March 2 for activi-ties that include learning about the cultural symbols and the exploration of the significance of symbols around the world. Special activities will be held to celebrate the opening of the Smithsonian’s “Status and Pride in Tribal Africa” and “Cross-Cultural Perspectives on World Symbols” exhibits, which will run through April 20.

Alumna leads Big Apple program
Utah State University alumna Mary Jane Castleton Lee has been accepted into the Lindamulman Internship Program with the Metropolitan Opera in New York City. Lee couldn’t dream of a better year than the one she is having. She entered this year’s competition with her bachelor’s degree in vocal perform-ance and while participating with LDS youths on a trek to the Grand Canyon. “It was a long process but an interesting learning experience,” she said.

Ravitz: Sharing with Aggie journalism students
Jennifer Ravitz, adjunct professor of journalism, will be giving a presentation on the “State of the News” today from 10 to 11 a.m. in Old Main, Room 252. Ravitz is an accomplished reporter and editor, having worked for the Salt Lake Tribune and the Las Vegas Sun and while reporting for the Salt Lake Tribune. She is now an award-winning editor at the Los Angeles Times. She is also an accomplished teacher and mentor, having served as the program director for the Utah State University’s Journalism Program in the College of Arts and Sciences. Ravitz is a 1998 graduate of Utah State University with a bachelor’s degree in journalism and an MFA in arts management. She has been a Fulbright Scholar in South Korea, where she taught English and worked on a project to develop a newsroom for a local newspaper. She has also been a visiting professor at the University of Utah and the University of Nevada, Las Vegas, where she taught courses in journalism and communication.

EXPO: Aggie Ice Cream served at creative event
Aggie Ice Cream served at graduation event

Students show off academic research
By BRIANNA PALMER

Posters and presenters from across the state swarmed the University Union and Eccles Conference Center on Friday for the Utah University’s Undergraduate Research Conference. The conference is based off of the National Conference for Undergraduate Research held every year across the nation. This year, the USU is sending 36 students.

More than 400 people attended to share their research projects and gather information from fellow researchers from across all disciplines.

“The event is really a place for undergraduate researchers to really get a conference where you can graduate’mobile,” said a associate vice president that graduate research, said David Gage, a senior majoring in soil science. “It is showing the real deal when it comes to research,” said David Gage, a senior majoring in soil science. “We’re all here to really get a conference like this,” said David Gage, a senior majoring in soil science. “We’re all here to really get a conference like this.”

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Students fight flu in unfavorable conditions

By CHELSEA HUNTER
staff writer

The stress of attending college is often accompanied by the need to stay healthy, which not always an easy task in the middle of flu season. According to the World Health Organization, influenza is a viral infection that affects the nose, throat, bronchi and sometimes the lungs. Once infected, a person’s symptoms usually last a week, and are recognized by a sudden arrival of high fever, shaking chills, headache and severe cough, sore throat and chills.

In infants, the elderly and people with other serious medical conditions, infection can lead to pneumonia or death.

“I recommend it unless they have a specific reason not to get it. Like, they’re allergic to the vaccine or if they have something that will make them sick if they get the vaccine,” said James Davis, the Student Health and Wellness Center director and physician. “I do recommend that people in this age group get the vaccine.”

Wesly Hatch, a freshman studying special education, said she doesn’t usually get a flu shot and doesn’t think it necessary.

“I guess overall I just don’t think they do much,” she said. “I think it’s kind of like medicine. It’ll help for sure, but you can still get sick. You just need to take care of yourself to make sure you don’t catch the flu.”

Tylor Glover, a sophomore majoring in civil engineering, is required to get a flu shot at the beginning of the year while in the Marine Corps. He was raised in Smithfield and said he is happy to be back in Cache Valley, teaching at the school where he earned his undergraduate degree in guitar performance.

“He was a student when I first started teaching here,” said professor Todd Fallis, who teaches low brass and jazz studies.

“I was a student when I first started teaching here,” said professor Todd Fallis, who teaches low brass and jazz studies.

“Utah State asked me to be a visiting professor for a few years, so here I am,” Christiansen said. “It’s kind of a dream come true for sure, but you can still get sick. You just need to take care of yourself to make sure you don’t catch the flu.”

“I’m forced to get one, but if I had the choice I probably wouldn’t,” he said. “I think the flu shot only covers you from one type of the flu and there are so many out there. I mean they’re free, which is nice, but I’m not sure if I’m super convinced on it or not.”

According to Davis, there are two different kinds of flu vaccines. One type of flu vaccine is broken up from destroyed and damaged flu virus and that creates an antigenic reaction. The other kind of vaccine is made from a flu virus that’s been weakened in order for people to contract a mild flu infection that leads to immunity.

“We usually give you a choice so you can pick, because there’s one that’s a nasal spray and there’s one that’s an injection, an injection.

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doesn't merely teach but who has the experience said. "He has traveled all over the world because of his world experience," Manning, junior majoring in guitar performance, said Nick Christiansen's influence has stood the test of time. "In order to succeed a musician needs three things," Christiansen said. "Keep practicing and get many different influences that have stood the test of time." Christiansen said he hopes his students will learn from his successes and go on to become a great guitarist. "One of the benefits of being a professional musician is you can tell your students this is how it really is when you are a professional musician. It's not that glamorous," he said. "I think especially in music, you have to in some ways be doing," Christiansen said. "One of the benefits of being a professional musician is you can tell your students this is how it really is when you are a professional musician. It's not that glamorous," he said. 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**ALIENS: Colonial Marines** features a storyline built around an alien-filled spaceship, with the creatures using marines as their hosts. A group of survivors is forced to fight their way off the ship. 

- geant O'Neal, must fight his way through this mess and make it off the exploding ship. The two marines, with Bishop and others in tow, manage to get into a drop-ship but they crash land on the surface of LV-426. Now the group must decipher the puzzle and find out why their fellow officers are being sacrificed and what the corporation using soldiers for. The two marines, with Bishop and others in tow, manage to get into a drop-ship but they crash land on the surface of LV-426. Now the group must decipher the puzzle and find out why their fellow officers are being sacrificed and what the corporation using soldiers for.

- The game doesn't offer intuitive controls. 

- The graphics engine just lacks punch. Thus, the game was a disappointment and many thought that this mess — which is orbiting LV-426, from the USS Sulaco, received a distress call on the planet can safely be categorized as just a few years out and it puts this one to boot.

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- Aliens—Colonial Marines apes the strengths the Alien—universe has without actually doing anything meaningful with them. Digital appearance and the wall. Regardless of how much visible space remains in that gap — or any gap, really — don’t expect intuitive or ‘simple’ exploration when it counts most. Problems like these are just inexcusable.

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Men’s Basketball

BY JAYN STUCKI
news editor

Illinois State senior guard Tyler Brown scored 35 points but it wasn’t enough to steal a win in the Dee Glen Smith Spectrum as the Aggies beat the Redbirds 80-71 Saturday.

“We let Brown get five 3’s in the first half,” said Aggie junior guard TeJahle Rolle. “He was getting hot. Credit to him, he’s a good player and he was able to knock down some open shots.”

Illinois State started off with a hot hand from the 3-point range, jumping to a 21-10 lead after eight minutes.

“We weren’t guarding very well. We were really self-defensively,” said USU head coach Stew Morrill. “You’ve just talked about getting up to them. We mixed in a little more zone, just to try and slow them down a little bit.”

The Aggies went on a 13-0 run to take the lead back on a Rolle 3-pointer with 4:16 left in the first half.

“It was pretty physical,” said ISU senior guard Spencer Butterfield. “It was good though. I mean, we responded. I think we were just as physical as they were. If not more physical. I think we were taken back by that a little bit.”

The Redbirds took 18 minutes 37 seconds before making a 2-pointer. Junior Allen Fear joined a pull-up jumper at the top of the key to cut the USU lead to 34-19.

Twenty-four of ISU’s 32 halftime points came from 3-point shots.

Brown had seven 3-pointers to go along with his 10 rebounds in 31 minutes.

“He had an unbelievable night,” Morrill said. “We couldn’t do much about him.”

Senior forward Jarrett Carmichael had little presence in the first half for Illinois State. The 6-foot-9, 240-pounder had six points before the break—four of them from the foul line.

“They are hard to guard because they have post presence,” said Illinois State head coach Dan Musselman. “We made plenty of defensive mistakes. The problem was that the mistakes came back to get us.”

There’s weren’t many blocks spots in the Utah State stat sheet: Every Aggie who played registered at least two field goals, two rebounds, six points or assists.

“They are good,” Musselman said of USU. “I knew coming in that they were one of the better teams that we have been playing this year.”

The Aggies outrebounded Illinois State 31-22, and they did not commit an offensive foul through the first half. They had a 21-10 lead after eight minutes.

As they were, if not more.

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The Utah State University gymnastics team had a rough weekend at their first quad-meet on Saturday in Denver, coming in fourth place with a score of 192.150.

Denver came in first place with a 195.800, Boise State took second with a 194.525 and Rutgers finished third with a 193.925.

“At the meet, we warmed up slick,” said head coach Jeff Richards. “The meet itself was a very tough-scored meet. We kept some really good performances. Sarah and Paige had their best scores.”

Consistent top performers Sarah Landes and Paige Jones grabbed two all-around spots. Landes finished second with a 39.075 and Jones finished sixth with a 38.425.

The team had a weak start on beam that included two falls, with a total score of 46.600. Improvement was made on the following three events with finishing scores of 48.150 on floor, 48.800 on vault and 48.600 on bars.

“Beams was rough for me. Hell,” Martinez said. “Vault was really good, bars was good. There are still little things I need to fix.”

Martinez said as a team they need to pay attention to details like keeping legs together and sticking dismounts.

One thing Martinez deals with daily is the pain the herniated disk in her back gives her.

“I felt like I dealt with it really well,” Martinez said about the pain. “I went out there and tried to stay positive. I kept telling myself I knew I needed to hit it and that I knew how to do it.”

Martinez isn’t the only competitor dealing with pain. Richards said he has six girls not competing right now due to injuries.

“We’ll have Amelia Montoya back and Joanna Calka on beam next week,” Richards said. “Kaylyn. Beth has had a toe issue and hasn’t been able to compete.”

Despite their injuries, the athletes are hoping to recover in time to finish the last four meets of the season. Richards knows his team needs higher scores to qualify for regionals, but the girls have four meets left to make those scores.

“If you take all of our high scores throughout the season, we’re potentially there,” Richards said. “We’ve got a team that can do it.”

Richards said beam is the event for the team to work on.

“I think the one thing we scored a 46.5 — two points lower than what we should be scoring,” Richards said. “That’s what we need to focus on.”

The Aggies will take on BYU on Monday, March 4 at 7 p.m. for their third home meet.

– daniellekmanley@gmail.com

FRESHMAN HAYLEY SANZOTTI performs a floor exercise routine during a USU home meet Feb. 8. DELPHINE LOCKE photo

FRESHMAN KINZEY MARTINEZ competes on the uneven bars. Martinez hopes to compete in the all-around competition on Monday against BYU. DELPHINE LOCKE photo
MEMBERS OF THE USU TRACK AND FIELD TEAM participate in the 100-meter hurdles during a track and field meet this season.

USU's Nic Bowens races in the 60m race.

Sophomore Nic Bowens had a record-breaking day as he set school records in the men's 60m and 200m to place second and third overall with times of 6.20 and 21.17, respectively, leading the Utah State men to a third-place team finish (82 points) at the 2013 Western Athletic Conference Indoor Track & Field Championships in Albuquerque, N.M. this weekend. Furthermore, the USU women finished in seventh place with 31 points.

Overall, USU had 16 first-team all-WAC and 16 second-team all-WAC honorees over the three-day championships.

Freshman Tylee Newman and senior Stephanie Burt placed third and fifth overall in the women's mile with times of 4:57.43 and 4:58.11, respectively, leading the Utah State women to a third-place team finish (51 points) at the NCAA Indoor Track & Field Championships in Albuquerque, N.M. this weekend. Furthermore, the USU women finished in seventh place with 31 points.

The men's 3,000m, junior Kyle McKeown and sophomore Chris Martinez tabbed second and third-place with times of 8:17.81 and 8:18.71, respectively, freshman Skylar Dale cleared a personal best 2.60m (8-10.75) in the high jump to claim fourth-place honors, while sophomore Eric Shellhorn also finished fourth in the mile (4:03.57). Senior Jon Goble crossed the finish line with a time of 28.28 in the 60m hurdles to claim sixth-place honors.

The men's 4x400m relay team, which consisted of freshmen Cole Lambourne and Kaelon Weston, along with Page and Killpack, placed fourth-ninth in the 400m.

Senior Jon Goble crossed the finish line with a time of 2:09.60 (6-10.75) in the high jump to claim fourth-place honors, while sophomore Eric Shellhorn also finished fourth in the mile (4:03.57). Senior Jon Goble crossed the finish line with a time of 28.28 in the 60m hurdles to claim sixth-place honors.

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Higham: Solid start to spring season

JUNIOR TANNER HIGHAM

get it back fairly quick.”

Seokwon Jeon, a frosh

man on the team, said he

had trouble adjusting to

Utah State’s abnormal golf

season. To avoid playing
during the coldest months of
winter it is split into two shorter seasons that
optimize the use of warmer

parts of the year.

“It’s stressful not being
able to practice when you
have a tournament coming
up,” he said. “It’s kind of
hard on me mentally. I feel
like I’m stressed going into
the tournament because I’m
not preparing, because I’m
not practicing every day.”

Higham said he

and other teammates travel to

Ogden several times a week

in order to practice at an
indoor range. The team also

travels to St. George.

two to three times a year to

prepare for tournaments.

“We come out the last
couple springs sharp per
than we ever have in the past, so
it seems to be working so
far,” Johannsen said.

Despite frequent travel
for practice and tournaments,
Johannsen said the golfer’s on his team have
maintained a combined
GPA of 3.5. Their focus on
education is phenomenal,
he said.

“It’s amazing how hard
these kids work,” Johannsen
said. “I have a picture of my
kids in the Orange County
Airport, and there they are,
every one of them, just
lined up on their comput-
ers doing homework. The
ten kids I have now are very
serious about their educa-
tion — it comes first.”

“It’s pretty busy,” Higham
said. “I just make sure that
I have everything organized
and manage my time well.”

As the team prepares for
its next tournament in March, Johannsen said
they will continue to prepare
for the Western Athletic
Conference tournament in
Mar.

“The WAC, right now,
is there for the taking,” he
said.

Johannsen said Higham is
deserving of the honors he
has received and that his
dedication and humility is
reflected in both his ath-
letic and academic perfor-
ance.

“He’s just an athlete,
that’s all there is to it,”
Johannsen said. “He thinks
like one, he’s built like one,
he acts like one and he’s a
straight A student. He’s the
total package of an athlete.
A Tanner Higham doesn’t
come around very often for
any coach.”

## SOFTBALL

### AGGIES: Brown’s 35 not enough

JUNIOR TANNER HIGHAM

The Utah State University
softball team traveled to
Austin, Texas over the week-
end to compete in the Texas
Invitational. The team lost
all five games and has yet to

win a game this year. The loss

against Lamar gives the Aggies a record of
0-15 so far this season.

The first of the two games
had another double-header.

In the first game, Lamar
started off

strong with a 2 run lead
in the bottom of the
fifth inning after the
Hunsaker hit a triple that

fifth inning when Rachael
Brown hit a triple that

and 20 rebounds. Four

Redbirds chipped in for

the remaining 16 points.

Butterfield had 16
points and six rebounds

while Roland had 13
points and six rebounds

Carmichael and Brown
combined for 25 points and

20 rebounds. Four

Redbirds chipped in for

the remaining 16 points.

The win brings Utah State
to 19-7 and drops Illinois State to
16-11.

It was a great game
teamwise.”

Bartonfield had 16
points and six rebounds

while Roland had 13
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to 19-7 and drops Illinois State to
16-11.
Men's Bball ranked 6th in rebound margin

With their plus-9 rebounding margin, the Aggies rate 6th in the country in the latest NCAA statistics released on Monday. The margin is best among the five ranked teams behind teams including College Park, Minnesota and Maryland. The Aggies have outrebounded their last six opponents.

Women's Bball leads nation in FT percentage

Getting 72 percent from the free throw line this season, the Utah State women's basketball team leads the nation. Senior Darcy Christmas is ranked fifth individually at 91.4 percent. USU is also ranked sixth nationally in scoring.

Compiled from staff and local media reports in the no. 5 spot were victorious, Utah State bounced back the next day to sweep Montana State-Billings 5-0.

They look to improve their record to 12-7 in the Big Sky this week as they travel to Montana to take on the no. 1 spot and Sean Levesque in the no. 5 spot.

Jeff Dahlheim's staff writer

The Utah State men's tennis team traveled to Montana State and State-Billings on Monday. The Aggies lost a close one, 4-3.

After winning the doubles point, only Sean Levesque in the no. 1 spot and Team Levesque in the no. 3 spot were victorious. Utah State bounced back the next day to sweep Montana State-Billings 5-0.

Poslusny didn't drop a set in his play in the two matches, returning only 2.5-3.5 served in the No.5 singles positions on the season. The Aggies remain victorious soaring with everyone in the top-five singles positions.

Check out who's coming!

To see who's coming to campus, visit www.usu.edu/career.

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Check out who's coming!
raise the minimum wage

the following editorial appeared on the blooming view.

president barack obama is seeking to resurrect an idea that he set aside during his first term: raising the federal minimum wage to help lift working families out of poverty. the proposal, which would take effect in july 2013, would raise the minimum wage to $9 an hour, the congressional budget office estimates, would cost $11 billion over the next decade.

one of the things that is certain is that the president believes the economy needs a "new economic agenda," and that part of that agenda is raising the minimum wage. it is hard to imagine anyone opposing it.

a number of reasons come to mind for why raising the minimum wage is a good idea. the cbo found that it would create jobs, especially for low-skill workers, and cut poverty.

the minimum wage is a floor that is tied to the cost of living. it helps low-wage workers cover the basics like rent and utilities. raising the minimum wage would go a long way toward mitigating poverty.

as for the people who say that raising the minimum wage will cost jobs, the cbo found that the minimum wage is not likely to cost jobs. in fact, it could create more than 300,000 jobs.

in addition, it is hard to argue against an idea that is so popular with the american people.

the minimum wage is something that we should be proud of. it is a way of guaranteeing that everyone has a chance to earn a living wage.

in short, raising the minimum wage is a good idea. it is good for the economy, it is good for the country, and it is good for the people who need it most.

raise the minimum wage.
imume wage, Congress and the administration should confront the problem of declining real wages in America. In recent years, parking lots and the long, slow, recovery have had a uniquely adverse effect on wage earners, especially for workers working poor.

The new law promises to reduce carbon emissions and save energy — the equivalent of 750,000 households’ worth. Most significant is its potential to turn the tide against light pollution by changing attitudes about our unnecessary overuse of light at night. In almost every U.S. city, suburbs and town, the streets, lots, gas stations, and commercial and public building lights are lit through the night. Over recent decades, the growth of this pollution has been relentless, yet slow enough that most of us haven’t noticed. Parking lots and gas stations, for example, are now open 20 hours a day, instead of being turned off after 6 p.m.

The cost of all this light, monetary and otherwise, is high. The connections to sleep disorders, cancer, infectious diseases and other disease are a matter of public health. The American Medical Association has declared its support for the light pollution control efforts. Every county on Earth is both nocturnal as well as diurnal, and light in a dark habitat just as easily as any buckkisser can. And when night out of 10 children born in the United States today will never see the Milky Way, that truly interests us.

The usual justification for these costs is that we need all this light for safety and security. This simply isn’t true; there are serious enough that artificial light can reduce sleep patterns at night, and no one is able to exist in the dark. But occur researchers on Earth are astronomers, economists, business leaders, communities and now the French government agree that we should reduce the light we use, and that too much brightness at night actually reduces our safety and security.

In almost every case, we feel safer. Alone, Bright lights may make us feel safer. Alone, Bright lights may make us feel safer. Alone, Bright lights may make us feel safer. Alone, Bright lights may make us feel safer. Alone, Bright lights may make us feel safer. Alone, Bright lights may make us feel safer. Alone, Bright lights may make us feel safer. Alone, Bright lights may make us feel safer. Alone, Bright lights may make us feel safer. Alone, Bright lights may make us feel safer. Alone, Bright lights may make us feel safer. Alone, Bright lights may make us feel safer.

When it comes to your family, you deserve the best.

Free infertility Educational Seminar
Join Reproductive Endocrinologist
Tuesday, Feb 27, 2013 6:30-8:30 PM
Logan City Library
255 N. Main, Logan
Please RSVP
Reproductive Endocrinologist in Logan City

Ovum donation is a fulfilling experience that can help a family's dreams come true!
Currently screening egg donors. If you are between 18-29 and would like more info, please call us at 801-492-9200 or e-mail amy.mcallister@integramed.com. Donors are compensated.

Learn more about our specialists Russell A. Foulk MD, Shawn E. Gurtchel MD, MS, and Deirdre A. Conway, MD at utahfertility.com and overcome infertility!

Primaries: Feb. 25th & 26th - Finals: Feb. 27th & 28th

MEXICO: Ruling may influence US

unforeseen. If the executive branch of some other state tries to continue enforcing the law, we will quickly knock down by a district court judge. As a result, the Mexican Supreme Court, and the law in Mexico, will happen in the United States because of this.

Thus, the Mexican Supreme Court eloquently declared: “The freedom to marry solely because of their gender also violates anti-misogyny laws violate the equal protection clause of the Fourteenth Amendment by denying the right of marriage to intersexual couples. It follows then that denying marriage to individ- uals born with a third gender also violates the equal protection clause. The U.S. Supreme Court has a long history of ignoring the rulings of lower courts. The Mexican Supreme Court’s opinion has to count at least as much as an amicus curiae brief from the Republican Governors’ Association. It will be interesting to see how the high court decides. Proponents of marriage equality now have a truly impactful legal victory. The Mexican Supreme Court eloquently declared: “The freedom to marry solely because of their gender also violates anti-misogyny laws violate the equal protection clause of the Fourteenth Amendment by denying the right of marriage to intersexual couples. 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Learn to measure your training intensity

Heartbeat 101

Many people do not measure their own pulse during exercise because they think it is too frustrating or inaccurate. However, it is a very good way to monitor your intensity and gauge how hard you are working. "Learn to measure your training intensity," says Dr. William Levine, national director of exercise and sports medicine at Texas Southwestern Medical Center. "It is a message that is hard to escape these days. "

The easiest way to measure intensity is by tracking your heart rate. You can do so online and find a calculator such as the one at wikipedia.org. One easy method is to subtract your age from 220 (226 for women) to calculate your maximum heart rate. Then find your training zones based on that number.

Here is another option 1. Find your maximum heart rate on the carotid artery in your neck by placing your fingers on the side of your neck, between the middle of your collarbone and your jaw line. 2. Count your pulse for 60 seconds and count for 1 sec out of 10 and add a zero at the end.

STRENGTH ZONES

Fitness zone (fat-burning) — 65–70 percent of maximum heart rate: This zone helps decrease fat through aerobic exercise and cholesterol. The percent of fat calories burned is 30 percent. The intensity is moderate and you are burning more total calories. The percent of fat calories is 38 percent.

Aerobic zone (endurance training) — 60–70 percent of maximum heart rate: This zone improves your heart and lower blood pressure, strengthens the large muscle groups and makes your heart work more efficiently. The percent of fat calories is 45 percent.

Anaerobic zone (performance training) — 70–80 percent of maximum heart rate: In this zone, you are approaching your maximum heart rate and you will be able to lift more weight. The intensity is high and you are burning more total calories. The percent of fat calories is 55 percent.

Cardio 1. Warm-up: Start by stretching and doing easy movements. 2. Start slowly and gradually build up. 3. Start slowly and gradually build up. 4. Cardiac arrest (sudden death) — 85 percent.
**Weather**

High: 59° Low: 3°

Snow up to 20 percent.

Humidity: 71 percent, 59°.

Snow 20 percent.

**Almanac**

**Today in History:**

A bomb by the powerful blast, which exploded in the parking garage beneath the World Trade Center in New York City on this day in 2001. Six people died, and 1,000 were injured by the powerful blast, which also caused the evacuation of thousands of people from the Twin Towers.

- **Weather:** High: 59° Low: 3°
- **Almanac:** Today in History: A bomb exploded in the parking garage of the World Trade Center in New York City on this day in 2001. Six people died, and 1,000 people were injured by the powerful blast, which also caused the evacuation of thousands of people from the Twin Towers.

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**FYI:**

The Family Life Center is currently offering a free relationship class to couples throughout the community. The relationship workshop is a two-session intervention designed to help couples improve satisfaction and communication in their relationship by identifying their core couple strengths as well as areas for improvement. Call the Family Life Center at (435) 797-7490 to schedule an appointment.

Managing ADHD Workshop: This workshop is set to help students learn skills to manage attention and focus both in academics and in their personal lives. Attendees will learn skills that will help them improve their attention, listening skills, learning strategies, and scheduling in order to make their lives easier and more organized. The workshop is Feb. 28 from 10:30-12:30 a.m., in TSC Room 309B. Please call 435-797-0123 to reserve a spot.

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