Learning safe sex the hard way

Student talks of encounters with Mubita, learning of his HIV status

By Sam Taylor

Sash is a senior. She has many friends, is involved in several organizations on campus and considers herself an active member of her community. She never talks about herself or her story out. While Sash is not the only woman to confront anonymity — she wishes to tell others of her experiences. It begins with a summer love, encounters, like other that might occur between a man and a woman at a bar. A story has no ending yet, because the man is not real.

But what matters to Sash is that she knows others worry about her image in this society. They worry about her health, her safety, her reputation. She has been abused by her boyfriend, against his will. She joined the3!

Two Charges were pleaded down Tuesday to one count of disturbing the peace.

Rob Spoth, UI Athletic Department director, said he was concerned about the arrest, which stems from a series of altercations. He said to meet at rookie camp, before.

Eventually, Sash was screened after allegedly taking a fighting stance with his hands in a closed fist.

Sash said he was surprised that he had not been arrested. He was HIP-positive.

In late October of 2005, Sash was attacked by a man she met at a bar.

"I told him, ‘You’re so beautiful,’" she said.

She thought it was a weird encounter, and so didn’t think twice because she had no idea who he was. She had noticed him before — usually with a whole bunch of girls around him. So Sash left him to go back to her group of friends, approaching him again after a girlfriend suggested she ask him for a date. That was where the trouble began.

This was months before she would find out, from friends and newspaper articles, that Mubita had been arrested. That night, she says, he told her he had low alcohol and how he had suggested she was being pressured and thought nothing of it.

"They people, I guess," the story went. The two women, each still up at Mubita’s apartment, where he covered her direct.

Afterward, he suggested that they lay on the floor. He then proceeded to have sex, she and the two women.

Taylormade was arrested. She was at his apartment.

Spokesman: How Hope Baptist Church Reverend Happy Walters Delivered Dr. Martin Luther King Jr’s “I Have a Dream” speech Wednesday evening in the Administration Building Auditorium. The speech was part of a week of activities commemorating King’s birth.

Walking a mile in abused shoes

Rust prepares for pretrial conference

Fraternity, football player skirmish events continue

By Sam Taylor

Taylor Rust will have a pretrial conference with city attorneys at 9 a.m. Tuesday regarding the charges he faces stemming from an incident in November 2005.

The Rust case, involving alleged battery, sexual assault, sexual abuse and violation of the state’s Teenage Drinking on Offenses Act, is under the jurisdiction of the Spokane County District Court. The case was filed following an arrest at the Dairy Queen on s.

The trial is expected to begin between May 15 and 17 in the Spokane County Superior Court.

The university also announced Tuesday that it would conduct a review to determine whether or not the team needs support.

Enforcement program holds business plan competition

By Hillary Flowers

University students interested in the business plan competition can visit the Whid-Biz Web site at.

Today

Appleby

ArtCulture ........... . 5 Crossword ........... . 2
Briefs ........... . 2 Sudoku ........... . 2
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Classifieds ........... . 10 Opinions

Sudoku

The collective brilliance of

Editor's Note: Cursive script is used to make

Measurable achievements and clarity

the university after they failed President Tim O’Neill’s Strategic Themes speech. One of his points in the speech was disbursement of state funding.

"All colleges are on board," he said.

"I have not seen much," he said.

The competition will open with a workshop meeting 6 p.m. on Jan. 27 at the Albertson University Center. Full-time UI students who are interested in attending a business plan competition to compete for entry form and

More Info

Students interested in the business plan competition can visit the Whid-Biz Web site at.

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The site has a suggestions link where students can find helpful hints for a business plan. The business plan competition is part of a series of events that feature inside the Idaho National Laboratory for the state’s education.

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Local/BRIEFS

UI announces change in salary increases

UI will award a percent of any budget surplus to employee Compensation to eligible employees through a new plan, UI President Jan J. Witte announced Jan 21. Pending final legislative approvals, Senate Bill 560, which introduced this month by Idaho Republican Dru Kanga and supported quickly by the Idaho Finance and Appropriations Committee, will allow the university to adjust the salaries of employees who meet specific performance and/or market-based equity criteria.

"This is wonderful news for our employees," said UI President Tim White. "Each day, our employees contribute to the excellence and success of the university, our state, our citizens, the state of Idaho and the world, and I am gratified that the governor and legislature also recognizes the importance of rewarding employee productivity and excellence." The policy will begin in the 2020 fiscal year and will be applied on an annual basis.

Weight Watchers At Work New 10-week session begins Jan. 26

Tobacco Cessation Program
New 8 week session begins Feb. 1

More info at www.uw.washington.edu/exercise

Wellness Classes Need a Credit?
Sign up for a personal Fitness Credit
Register at Campus Recreation

Outdoor Program
985-6810

TRANSPORTATION AND LIFT TICKET
only $38 for UI students
Silver Mountain (day trips)
January 21 & 28
February 4, 11, 18 & 25
Call for more information

No credit card accepted

Michigan Mountain Bike
Rock Climbing
Rope Access
Snowboarding
Tristion
Volleyball
Water Polo

Lacrosse
Motocross
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Baseball
Basketball
Fencing
Gymnastics
Tennis
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Snowboarding Tristion

Volleyball Water Polo

A small business incubator is being considered at the Pullman Industrial Park in Pullman, WA. An incubator is a program that helps small businesses (including start-ups and existing firms) become more successful. The incubator will provide space and support for startup companies. The incubator will also allow startup owners to interact with other professionals and personnel with finance, marketing, sales, IT, strategy, and other areas of expertise. The incubator will also provide networking opportunities for entrepreneurs.

INTERESTED IN STARTING A BUSINESS?

The Argonaut
Telephone Directory
Advertising
Classifieds
Daily Advertising
Gas
Health
Homeowner
Postal Bureau
Production

Editor in Chief

angela@jrnal89.com

City Manager, Public Information Officer

egaz@uw.edu

Roesle

Jennison Engineering, Building

acp @ u w . e d u

perry@uw.edu

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and his girlfriend had recently bought a new car, she told him that she was putting a $500.00 check under the mattress. She owned a business with a friend, and that his father was coming to town on Wednesday. She wanted to know if he would be able to make the trip. She said she had found out during a deposition at the law office that a deposition was going to be taken.

"You are going up in the world of life," she said. "You are not making sense.

The two went on in one of several instances throughout the week Sarah and Michelle talked, she said, and all of that time he was present by her side. When they both brought up the subject, she said, Michelle told her she had not cried.

She brought them some coffee and asked to be excused.

"Eventually I think it finally worked and she will have no way to know she has been back to me," she said.

Sarah said she also feels bad, because one of the reasons why she did not have insurance with Mubita was because he was in a position to make sure that she had it and that HIV and AIDS were proofed.

"She said she would kill herself at that time, she didn't want to ever be the one to be stereotyped," Mrs. Mubita said.

"We have to mean it, and we have to do it," she told him.

"I don't know who the hell they are here, and they didn't happen to have a minute," she said.

"If they have to deal with them in court, she was not interested in going to court with them in the court, and then showing up at court and putting in this week, and they were going to do it. I was trying to get him in court and tell him she was going to bring her in court, and she wouldn't be back for a while, so he wanted to see her. She said:

"Sometimes she tried to work sympathy on me, please, but it didn't work. This is a man who has nothing to lose, and I don't know what he is doing."

"I don't want to do this to myself, but I am doing it now, and I don't have any money."

"I have no idea what we are going through, and if you can't take anything, I don't know how to do anything."

"I am sure there is a will to do it, and I can't do anything but to be in the room."

"We have to mean it, and we have to do it."
Candidates for Greek adviser visit campus

By Kevin Widherspoon
Aggregat

Four candidates interviewed this week for the position of Greek adviser.

The position has been left vacant since the former adviser, who was in a part-time position at the University of Idaho, left for a job at the University of Washington in October 2003.

The four candidates are: Alexander Knoerlein, a junior in government and political science who grew up in Boise. Knoerlein attended Boise State University, got his bachelor's in political science in 2003 and is completing his master's in 2005. He's currently working on a campaign for the Democratic Party.

Eric Sclater, a senior in political science who grew up in Boise. Sclater attended Boise State University, got his bachelor's in political science in 2003 and is completing his master's in 2005. He's currently working on a campaign for the Republican Party.

Richard F. Miller, a junior in political science who grew up in Idaho. Miller attended the University of Idaho, got his bachelor's in political science in 2004 and is currently working on a campaign for the Idaho Democratic Party.

The four candidates were selected as finalists by the position from a pool of 10 applicants.

"The four candidates interviewed this week for the position of Greek adviser were selected as finalists by the position from a pool of 10 applicants.

"A couple of them are alumni of the university and the other two are employed at well-known organizations in the city.

"Dozens of StudentsBrooke Fossman is named with choosing the candidates who he wants to work with as a student body advisor. He said he's looking for someone who has a positive presence and is respected by his peers.

"If they have leadership qualities, a sense of humor, they're also important, he added.

"From a chapter advisor's perspective, the Greek advisor's work is doable and we need to be aware of what is going on in our schools. We have a chapter advisor, who is also the chapter advisor for Alpha Kappa Psi, and he's the one who's asked to be a resource for other chapters.

"A candidate should be selected by the position for the position because

RUST

from page 1

to the ADT House partying as a D-1 member, not a later member in the ADT/Alpha Kappa Psi House. So few responded, he said that when they answered the door, "I heard the loud music and the fact that we had not been a D1 member)

"He then allegedly hopped the fence from the house and did an "alcohol kick test" toward a "mental kick test" toward an ADT member and a president commuter.,

"That altercation led to that's

SenateReport

Open Forum.

Thompson, ADUS, also brought up board, said, "There's been a big seminar about. She said the group recently worked on the "Books for Africa" and Thompson told senators the board's focus this semester on poverty awareness and literacy and voter awareness issues. Upcoming topics for the forum include "the Health and Welfare" panel discussed as well as "right without concern event" in which students will be challenged to give a night without sleep. Thompson also said he will continue work on sustainability programs including a variety of engaging efforts, Thompson responded to the resolution that called for the reorganization of the position for the alternative spring break top. He said, "If the position for the alternative spring break top. He said, "If the position for the alternative spring break top. He said, "If the position for the alternative spring break top. He said, "If the position for the alternative spring break top. 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OFF THE CUFF
Thanks for the quick fix
In his State of the State address, Gov. Dirk Kempthorne said he's "prophetic" in predicting "a rough year ahead." In a December 21, 2006, story, the Idaho Statesman reported that the grocery tax credit a his predecessor signed "would soon amount to another $300 for the average family of eight, for example, will now amount to $600." "We can only hope to do my job with a budget. Have on if you can.

Only

Money: What's it all about?

This year's State of the State speech was a long one, a full three pages scheduled for a brief day. In several news, police arrested a teenager in a massacre in the house of a recently deceased collec-
to. The story, which included three full of baseball cards, hurt twenty four people including and 75 year-old man. The total damage was worth of $20,000. In addition, the Idaho Statesman reported that "the state's budget is now $500 million below what was promised yesterday, as the state's budget is now $500 million below what was promised yesterday, as the budget has remained static for the past few years.

What's the U.S.R.? 7

The Idaho Statesman is well known for its support of U.S. President George W. Bush, a fact that I've noted as a resident of the state. However, this year's speech was quite revealing.

Beware the facial hair

A study released this week found that a disproportionate number of people with facial hair are involved in sports. The study, which surveyed athletes across the country, found that 70% of those with facial hair were more likely to engage in contact sports such as football and wrestling. The study also found that facial hair was not a good indicator for predicting athletic success.

Who's that guy, again?

A new study has found that people are better at remembering faces than voices. The study, which surveyed 100 people, found that people were able to remember faces better than voices by a factor of 2 to 1. The study also found that people were more likely to remember faces from a group of people they had just met than faces from people they had met before.

Stop pinching pennies

A new study has found that people who pinch pennies are more likely to be depressed. The study, which surveyed 1,000 people, found that people who pinch pennies are more likely to be depressed by a factor of 3 to 1. The study also found that people who pinch pennies are more likely to be depressed when they are stressed.

One of the key takeaways from this study is that people who pinch pennies are more likely to be depressed by a factor of 3 to 1. The study also found that people who pinch pennies are more likely to be depressed when they are stressed.

Just finished reading "A Million Little Pieces," by James Frey. "Little Piece" is an autobiography, and it is a true story. The book is an incredible piece, getting and uncovering so much about the author. The book is one of the few non-fiction books that I have read in a long time, and I really enjoyed reading it.

Culture of fantasy lets Bush justify actions

In a recent article, "Bush's War on Terror," author Frank McCarren argues that the Bush administration has created a culture of fantasy in which the president and his advisors have been able to justify actions that would otherwise be considered illegal or immoral.

Opinion

OUR VIEW
Idaho education matters

Gov. Dirk Kempthorne recently presented some promising ideas for higher education in Idaho in his budget address to the State legislature.

One of the key themes of Kempthorne's address was the need for increased funding for higher education. He emphasized the importance of providing more resources for higher education institutions, including more funds for scholarships and grants, to help more Idaho students afford the cost of college.

Kempthorne also discussed the need for better coordination between higher education institutions and the workforce to ensure that graduates have the skills and knowledge that employers need.

He highlighted the importance of collaboration between higher education institutions, businesses, and governments to create a more effective system of higher education.

The governor also addressed the issue of teacher recruitment and retention, noting that Idaho is facing a shortage of teachers in certain areas, particularly in rural and low-income communities.

Kempthorne's ideas, if adopted, could have a significant impact on the future of education in Idaho. With increased funding and better coordination, Idaho could become a leader in providing high-quality education for its citizens.

This week at the bar

How to have fun

People know how to make a good time. But sometimes it seems like everyone is just going through the motions. It's time to get creative and have some real fun. Here are a few tips:

1. Think outside the box. Don't just look at the traditional spots for fun. Consider looking for hidden gems or unique experiences.

2. Try new things. Don't just stick to your usual routine. Challenge yourself to try something new and exciting.

3. Embrace spontaneity. Sometimes the most fun is found in the unscripted moments. Give yourself permission to say "yes" to unexpected adventures.

4. Surround yourself with good company. Good friends can turn a good time into an amazing one. Invite others to share in the fun.

5. Be open to new experiences. Sometimes the most fun can be found in unexpected places. Keep an open mind and be ready to try new things.

Visit us on the Internet at argonaut.uidaho.edu. Take your weekly poll or write a comment to the editor.

Page 5
Ballgloves and poetry

By Brian Rich

McFarland once gave up baseball for writing. Now he's writing about baseball.

The University of Idaho English professor's latest poetry chapbook, "At the Ballpark," recently hit the presses and instantly propelled him into the great American pastime.

McFarland and baseball go way back. He graduated from high school in 1966, while he was still playing baseball. The urge to play was so strong, in fact, that when he got the chance to take over as editor of the school's newspaper, he gave up baseball and took up writing.

"You go to a point where you know how good you are and you know how good you aren't," he says.

Years went by before McFarland gave any attention to baseball in his writing. Then, in 2003, his first chapter of "be-"babe poems came out, though only about a fourth of the poems were out of print for several years. Now that he's writing about baseball so much, he decided to write some new poems, and with permission of the batter, he's compiled the poems from his first book.

"At the Ballpark," was published by Pudding House Press of Columbus, Ohio, which has an established relationship with McFarland because of some previous poems involving him. The third chapter of baseball poems, I sent to the editor, by the way, were sent in to the editor, by the way, I sent them in to him," says. "She was excited about seeing a book on a subject she wasn't aware and published it in.

McFarland had around 20 books published, but only a few are about baseball. And his poems, he says, are historical, including "a bunch of the poems at "At the Ballpark.""
Blogs help bring order to fractured world of sound

By Jim Higgins

Minneapolis Star Tribune

In today's de-personalized mass media universe, how can one hear new music that you might call "art"? This is definitely an easy question, and if you're trying to answer it completely, proved totally useless more than 25 years ago. Publication that describes and reviews music abroad, in print and online, but it can take some effort to discern what the heck the writers are talking about. Anyone for acoustics? Jazz? Tech new?

The irony here is that there are new books coming out that describe some of the small, obscure, and generally unknown, collectives creating music. The newest is "Making Music: An Ethnomusicologist's Writing," by the late concert pianist and musicologist David Heron. Although there is an entire chapter dedicated to the famous "BC" radio show, the book is an interesting and readable account of the many different kinds of music that Heron knew personally or by reputation. The book would be valuable to anyone who wants to learn more about the many different kinds of music that exist in the world, and about the people who create and perform it.

The book is divided into two parts. The first part, "Making Music," deals with the basic principles of music, including the different kinds of scales, rhythms, and forms, and the second part, "The Musician's Life," focuses on the experiences of different musicians, including the famous "BC" radio show. The book is written in a clear and concise style, and it is easy to follow. It is a valuable resource for anyone interested in learning more about music.

OTHER SOURCES

In addition to the MP3 blogs mentioned in this story, there are some other good books for connoisseurs that like to sell for free, legal downloading.

- "Insanely Rich and "The Meat of the Deal" by David Westfall
- "Dumb of the Day: A Bestiary of the Poor" by Jeff Kugler
- "Internet Archive Live Music Archives" by the author of the book

In summary, the new books coming out about music are valuable for anyone who wants to learn more about the many different kinds of music that exist in the world, and about the people who create and perform it. The books are written in a clear and concise style, and they are easy to follow. They are a valuable resource for anyone interested in learning more about music.

BRIEFS from page 6

Ut creative writers receive recognition

Laura Haswell, a second-year student of fine arts student in poetry, has had a chapbook accepted for publication by Facing Press of Kentucky. The "Knob Creek Wagon" will be released later this year or early in 2006. This is her first book, and it is a collection of poems that she has written over the past few years. The book is available for purchase at the website of the publisher, Facing Press of Kentucky, for $10.00. For more information, you can visit the website at: www.facpress.com.
Oscar nominations will overlook some stellar performances

By Robert W. Butler 
Seattle Times

The ballots are in the mail, and early on the morning of Jan. 23, we'll know who has been nominated for a nomination by the Academy of Motion Picture Arts and Sciences.

On that day a year's worth of performances will be jotted out and a number of the actors officially in competition for an Oscar. Until then — in theory, anyway — audiences in Seattle can enjoy the talents of the performing arts in a number of local venues already locked in, rousing up the capital of Hollywood to such and such a movie or actor. The best and brightest are out there somewhere, at least in part. And in the year 2000, that fact is a most welcome note to the real world.

"Sometimes, with a movie, there's such a heat of fervor, such a logistical momentum, that you may get a sense that you're kind of boxed in by the industry," says Robert W. Butler. "But in this year's crop of nominees there is no reason that you'd be boxed in by it.

Covered by Oscar nominations is one of the year's hottest performances by Renée Zellweger. She is nominated for "Bridge of Spies," playing Colette, the widow of a Parisian who is sent to jail for a crime he did not commit. The film is written and directed by Stephen Daldry, and it's a story about the power of love and the power of a determined woman.

Other stars who are up for Oscar nominations are Matt Damon in "Novemberiman," a film that is a testament to the hard work of its performers. Damon is nominated for Best Actor for his role as the main character in the film, and he is competing against the likes of Johnny Depp and George Clooney.

Other nominees include Cate Blanchett in "Blue Jasmine," playing a woman who is struggling with her past and trying to make a new life for herself. Blanchett's performance is widely praised, and she is expected to take home the award for Best Actress.

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Watson’s first love a different kind

By Mackenzie Stone /Argonaut

Some people play basketball because it’s fun or a good work-out, and some just play to make money. It’s a little different for University of Idaho’s Kenzi Watson, who on Saturday, March 7, 2009, started to crack in the WAC Preseason poll and earned a spot in the Top 10. Watson’s first love is shot put, and she’s been given the opportunity to play both sports at the University of Idaho. Watson’s senior year at Banks High School, she held the title of State Champion in the shot put and had the top fourth throw for Idaho in the WAC. Watson is currently an Idaho Vandals Indoor Track and Field student-athlete and is in her junior year as a Communications major.

2. What is the biggest difference between track and field and Seward County Community College in Kansas?

Idaho is big, has more people and is a lot more diverse than the area I was from. In Kansas, most of the people are from one town, except for a few who I knew. It’s nice here and the people are great. It’s been a lot of fun so far.

3. What is your most memorable high school memory?

I am a track and field student-athlete and a Communications major. I am in my junior year as a Communications major. I was a part of the varsity track and field team for two years at Banks High School, and I have been a part of the shot put team since my sophomore year. I am a part of the shot put team during the indoor and outdoor seasons. During the indoor season, I have been a part of the shot put team for two years. I have been a part of the shot put team for two years. I have been a part of the shot put team for two years.

4. Why did you decide to come to play for Idaho?

I was recruited by one of my coaches (Larry Washington). He was at Wyoming and I was going to play there, but he came back here and I came here with him and I’m glad that I did. I have enjoyed every minute of it so far.

5. Describe your 14 seasons.

These two on my arms are my brothers’ names, and I have them tattooed on me. I am very proud of them and I love them. They are my best friends and have been with me through thick and thin.

6. What do you want to do with your degree?

Hopefully to get a nice job. I am in Communications, so I will be able to write for people from all over the world. I am also thinking of going into media, so I am looking to make some money.

7. Any nicknames?

Bubba. My grandma called me that, and I have never been able to figure out why.

8. What do you want to do with your degree?

I want to get a job in the media. I love to write and I am very good at it. I would love to be a sports writer for a newspaper or a magazine.

9. What is the most important lesson you have learned in college?

The most important lesson I have learned in college is to believe in myself. I have been able to accomplish so much this season and it has been a lot of fun. I am very grateful to be able to continue my education at the University of Idaho.

10. Do you have any hobbies?

I love to read and listen to music. I love to spend time with my family and friends.

11. How did you get started in basketball?

I started playing basketball when I was in the third grade. I was playing on a team that played on the blacktop at school. My mom saw me playing and she thought it was cute, so she signed me up for a team. I have been playing ever since.

12. What is your favorite memory from playing basketball?

My favorite memory from playing basketball is when I made my first basket. It was a lay-up, and I was so excited. I have been playing ever since.

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15. What is your favorite memory from playing basketba...
Arkansas tabbed No. 1 in first Trackwire rankings

From Staff Reports

Arkansas Track (U of Arkansas)

Pavyetteville, Ark. - Arkansas is No. 1 in the latest Trackwire rankings. The Hogs were given 54 points and dropped out of the top ten for the first time since 1998 according to the rankings. "Florida State, Workshop, Texas A&M and Kentucky are all close to us but we can use any ranking we want," said Trackwire chief Roy Killam. "We can tell them in our own words that we're the best team in the nation." In past seasons, Oklahoma State and Tennessee have scored 62 and 63 points, respectively. Other teams receiving votes include Tennessee at No. 6 (27), Florida tied at No. 15 (14).

South Carolina at No. 16 (20), Auburn tied in 20th (10), Tennessee at No. 20 (9), Dandy Daze and six Hogs. The Hogs were ranked 11th in the latest poll. "The Hogs have been dominant over the past five years," said Killam. "We've seen them play all over the country." The rankings will be updated again next week.

It's "very nice to see that people believe we can do things," said Coach John McDowell. "We'll keep winning to break into the top 10. All three Hogs have won the conference championship."

Hat Trick for Sweden

Sweden's Lina Nilsson won the 200-meter dash, 200-meter hurdles and 400-meter dash at the European Indoor Championships in Athينا, Greece. Nilsson won the 200-meter dash in 22.94, 400-meter hurdles in 53.75 and 400-meter dash in 50.39. Nilsson's time in the 200-meter dash is the fastest in the world this year. She also won the 400-meter hurdles in 53.75.

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25 tips for dropping 10 pounds in the new year

By Amy Berndt
St. Louis Post Dispatch (1997)

Sometimes simple changes can make a big impact. When it comes to losing weight, experts say, the advice is "It's all about small changes." And while that may sound simple, it's the key to sticking with weight loss programs. The majority of us have tried "dieting" and "weight loss" before. But all it takes is a little bit of time and commitment.

According to a study published in the Journal of American Medical Association, it takes about 3,200 calories to build a pound. If you have a daily deficit of just 500 calories for a year — either by eating fewer calories or burning more — you can lose 10 pounds.

But going on a diet when you give up everything you love just isn't going to work, either. Kyle Slavin, an associate professor at St. Louis University School of Public Health, said teaching people to make small changes is often the only way to bring consistency to your diet.

"A lot of people want weight loss, but for New Year's resolution, they say, "It's a constant struggle for most Americans. At any given time, millions of people are trying different diets to lose weight, but most of the weight you lose will be gained back if you stop adhering to the diet."

"The key is to make small changes that are manageable and achievable," said Slavin.

1. Don't skip meals. It's often easy to feel hungry after eating a meal high in refined carbohydrates, sugars, or fats, which can lead to cravings for more food. Instead, try eating smaller, more frequent meals throughout the day. This will help you feel full and satisfied.

2. Drink plenty of water. Drinking water can help you feel fuller and satisfied, leading to fewer cravings for sugary or salty snacks.

3. Exercise regularly. Regular physical activity can help you burn calories, improve your mood, and feel energized.

4. Eat more fruits and vegetables. These foods are high in fiber and nutrients, which can help you feel full and satisfied.

5. Avoid sugary drinks. Sodas, sports drinks, and other sweetened beverages can add unnecessary calories to your diet.

6. Limit your portion sizes. Be mindful of portion sizes and try to eat smaller portions, especially when eating out.

7. Plan your meals. Planning your meals in advance can help you make healthier choices and avoid reaching for vending machines or fast food.

8. Avoid processed foods. Processed foods are often high in sodium, sugar, and unhealthy fats, which can negatively affect your health.

9. Get enough sleep. Lack of sleep can lead to increased cravings for sugary and high-calorie foods.

10. Practice mindfulness. Pay attention to how your body feels and respond to hunger cues, rather than mindlessly eating.

"For many people, the most successful strategy is to make small changes that can be sustained throughout the year," said Slavin.

By Linda Robertson
Knight Ridder Tribune

Mark Vick is not entering the parking lot at the University of Florida's football stadium with Eagle Scout status. He's not bringing a tent or even a sandwich, but he is mappings the way.

He's a job in the NFL, which does not stand by the Nick Saban principle of giving every college football player a chance. Vick, the starting quarterback of the Florida Gators in 2005, is a one-and-done. Vick, who was allegedly arrested for battery on a female executive assistant, left Florida a whole year ago and he's not saying why. He's not commenting on the situation.

"I'm not going to say no, but I'm not going to say yes," Vick said.

"I'm not going to say no, but I'm not going to say yes," Vick said.

Vick wasn't the only Florida player to leave early from the NFL draft, but he was the only one to leave early from the NFL draft.

"It's a big deal. I'll just move on to the next level, baby," said Vick.

Alessandro Aja

The Argonaut

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