Memorial Gym Completion Announced By Buchanan

This week the first step along the planned construction of the Memorial gymnasium was taken. The entrance at the southeast corner of the University of Idaho campus is being used for construction purposes.

Construction to begin on the new gym will soon begin. The construction of the new gym will be financed by public subscriptions, and the progress will be made at the rate of $10,000 per week. The gym will be built on the site of the old gym, which was torn down last spring.

The cornerstone for the new gym will be laid on October 14, and the gym will be completed by the end of the school year.

Sponsors will be announced shortly, and the gym will be named after the largest donor to the project.

Walt Howard Scheduled For Homecoming Dance

Walt Howard, a senior at the University of Idaho, was scheduled for the Homecoming Dance on September 14. The dance will be held in the Memorial Gymnasium, and will feature live music and a variety of food and drinks.

The dance will be open to all students, and will be a great opportunity to celebrate the spirit of the University of Idaho.

For more information, please contact the Student Activities Office at 208-826-6777.
Does Insomnia Rather You Or Do You Have Friends?

By Ed Reed

If you are one of the estimated 40 million Americans who suffer from insomnia, you are not alone. Insomnia is a common sleep disorder that affects people of all ages and can have a significant impact on their daily lives. It can be caused by a variety of factors, including stress, anxiety, depression, and medical conditions. However, there are ways to help manage and improve your sleep. Here are some tips that may help you get a good night’s sleep:

1. Establish a consistent sleep schedule: Go to bed and wake up at the same time every day, even on weekends.
2. Create a relaxing bedtime routine: Wind down before you go to bed by reading a book, listening to calming music, or taking a warm bath.
3. Avoid caffeine and heavy meals before bedtime:
4. Create a sleep-conducive environment: Keep your bedroom dark, quiet, and cool.
5. Exercise regularly: Regular physical activity can improve your sleep quality.
6. Avoid naps during the day:
7. Seek professional help: If you have persistent insomnia, consider speaking with a healthcare provider.

In conclusion, insomnia can be a frustrating and disruptive condition. By implementing these strategies, you can improve your sleep and enhance your overall well-being.

French Picture Shown Thursday

The French motion picture, "L’Alibi," and "Valentin und Valeska," will be shown Thursday at the second film in the 40th FES series of films for adults. The movie is presented by the University of Idaho Department of Film and Television. "L’Alibi" is an Italian film that tells the story of a man who is falsely accused of murder. "Valentin und Valeska" is an East German film about a young couple who fall in love despite their differences.

In other news, the University of Idaho will be hosting a conference on sustainable agriculture this weekend. The conference will feature speakers from across the country and will provide opportunities for attendees to learn about the latest research and best practices in sustainable farming.

Army Rifle Team Announces Tryouts

The Army Rifle Team will hold tryouts on Tuesday, October 9, at 6 p.m. in the Rec Center. The team is looking for experienced shooters who are interested in representing the University of Idaho at intercollegiate competitions. Tryouts are open to all male and female students who meet the eligibility requirements. For more information, please contact the Head Coach, Captain Nick Smith, at nick.smith@uidaho.edu.

Moscow Taxi

Due to increased demand in our operational areas during the past year, we have been forced to raise our minimum rates, but the remainder of our rates have either remained the same or lower than they were last year. Below is a comparison of the old and new rates for rides within the city limits:

<table>
<thead>
<tr>
<th>Service Type</th>
<th>Old Rate</th>
<th>New Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Short Distance</td>
<td>$3.50</td>
<td>$4.00</td>
</tr>
<tr>
<td>Long Distance</td>
<td>$0.50</td>
<td>$0.50</td>
</tr>
<tr>
<td>Flat Rate</td>
<td>$1.00</td>
<td>$1.00</td>
</tr>
<tr>
<td>Change</td>
<td>$0.25</td>
<td>$0.25</td>
</tr>
</tbody>
</table>

Our out-of-town, walking or stopping rates have remained the same. We already expected that the above will be of some aid in clarifying our tax rates.

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Fast Flight And Fighting Fullback

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Idaho Ground Attack 28 to 27

Chadlack Crosses Final Stripe Three Times For Idaho

Block Belts Across Fourth Period TD

The season's plate-throwing of Don Garling, the pilot passer of quarterback Tom Kingsland, and the magic sprinting gaze of Idaho tailback Ted Shuger was neither behind their successes nor the key to their game plan last night. Idaho was well on the way to a 28-27 victory against Montana with second quarter touchdowns, and, with three quarters remaining, the final score was 15-15. Idaho dominated the first three periods, scoring four touchdowns on a 2 out of 3 conversion of field goals. Montana had only two goals, including one by 10 points, in the last three periods, scoring their final goal on a field goal in the third period. The game was marked by the dominance of Idaho's ground attack, with a total of 233 rushing yards, compared to Montana's 140. Idaho quarterback Tom Kingsland threw for 219 yards and two touchdowns, while Montana quarterback Bobgersi had six completions for 143 yards.

Halfback Jim Chadlack crossed the end zone to make the first touchdown in the first period of the game against Montana. Chadlack scored all but one of the touchdowns scored by Idaho. Idaho scored all but one of the touchdowns scored by Montana.

The second short of the season was made by Montana on the 32-yard line. Idaho's defense was held in check by Montana's line in the second period, scoring two touchdowns on the last two possessions of the half. Montana's defense held Idaho scoreless in the second period.

Chadlack scored all but one of the touchdowns scored by Idaho. Idaho scored all but one of the touchdowns scored by Montana. Chadlack scored all but one of the touchdowns scored by Montana.

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