Stop smoking program rated highly successful

Stop smoking in five days! "It can be done," says Ed Turner, minister of the University Seventh-day Adventist Church and a staff member of the Campus Christian Center. He backed a five-day plan to stop smoking started Sunday night and will run through Thursday at the CCC.

The five-day program was developed in New England by a Seventh-day Adventist minister, Elmon J. Polkens, and an acupuncturist, Dr. J. Wayne McFarland. Turner explained.

The first course was held at Bluebird Manor in Claremont, New Hampshire, last year. Of the 500 who started, 250 stopped smoking.

The program is based on acupuncturist, and the body system is followed during the withdrawal from smoking, "It's a type of group therapy," Turner said.

Participants in the program are given a "hash" and the body system is followed during the withdrawal from smoking. "It's a type of group therapy," Turner said.

Each person is given a personal control book to follow each day, that tells when to exercise, what to eat and drink, and even what to think during the program.

Every participant is given handouts each night on the effects of smoking, but in the program effective.

New York has further developed the program several times, and has been the first time in the Moscow area.

An estimated 10,000 people internationally have been through the program, Turner said.

Moscow might be considered a young town because it is the first of when the program, Turner said.

The program itself is composed of five basic parts, each of which contains a group of activities, with filmed lectures by Polkens and McFarland on the psychological and physical effects of smoking.

There are also a series of events that will show the physical effects of smoking.

The program is designed to be used in personal behavior setting programs, including smoking cessation, drug counseling, and other behavior modification.

"At the present, the habits are making smoking causing and stopping the smoking of others.

To members of each program, the habit's habits are changing, and the health and economic benefits are being achieved by the participants.

Turner said.

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Busting the legislature

At last weeks Regents meeting there passed another and episodic in the story of higher education and where it is headed.
The state legislature was again assembled, as it has been the past ten years, to escape its constitutional duty of financially supporting this institution.
Even though it has had the funds, for the last ten years, the legislature has under-appropriated the universities, constantly leaving the state out of the equation of raising revenue on the State Board of Education.

This is a disregard of the Idaho Constitution even though the Regents, university presidents and legislature continue to call these actions "breeting actions".

If the Board of Regents refuses to speak out against this crime and does not stop this present precedent before its carried to the point that the student of this institution might receive an injunction on the collection of these funds. Every student and staff member should stand up to be counted.

It will always be convenient for the legislature to allow the students to carry the burden of funding higher education as long as the Regents let themselves think the students, presidents and legislators who hand them the bill for education.

Someone, whether it is a Regent, a student, a parent or someone else, should find the courage and inform the legislature to say NO to this legislation.

It may be difficult for a student body to combat this unconstitutional policy from the legislature and administration because in reality it is very difficult to fight against people who make a career out of being in opposition.

And again it may not too many years before the only students attending college will be those who do not have to work, because the people who are working are never heard.

In the future, those going to college in Idaho will be those college bound students and the upper-middle-class old fathers rather than in the lap of the rich Idaho legislature.

Dave Warnick

The end of Eng. Comp. (at last, the least report)

The subjects are something the professor is interested in, and also something the students are interested in. "New American Fabric" system of slightly among the "American Social Fabric", "Problems in Internal Ecology", "The Black Word", "Lancashire and Moreton", and "How to Gamble Sensibly with Monte Carlo". These innovations which they have adopted to the new major class, the Professor where all 13 students come from one group and having the students do the same thing again and again and again and again.

Loren Horsell

Rambling On

Five minutes for beer

To University had new alcohol regulations for about five minutes at a meeting that morning they were approved and moved into the system as they should have been approved and moved into a program as they should be accomplished and be at least in a state and a system as they should be accomplished and be at least in a state.

Comment

The AESS requested the better of your presence at all regular weekly meetings and the Physical plant office building will be available.

Dave Warnick

Wounded Knee conference explained, fund established

To the Editor:

I am afraid that the student government has a duty to the students that are attending this institution and that they have a right to know what is going on at Wounded Knee, South Dakota, and you would not know how to vote for your cause with this knowledge. Wounded Knee is a war of this century, and no one will ever forget about it.

The majority of the students are in favor of the Indians and are against the government, but the government is trying to wipe out the Indians and to make them disappear.

It is impossible to ignore the fact that the Indians are being treated unfairly and that the government is trying to suppress their rights.

To the Editor:

I would like to say that I think this conference is a good idea and it would be nice if it could be held at least once a year.

The conference was held at the University of Idaho, and it was attended by many students and faculty members.

I would like to invite everyone to attend this conference and to learn more about the history of Wounded Knee.

To the Editor:

I would like to thank the Indian nation for their support and for their dedication to the cause of Wounded Knee.

The conference was very successful and I hope that it will be held again in the future.

I am confident that the students will support this conference and that it will be held again in the future.

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As promised, President of the University 20 A. St. and approved the items on the agenda.

AUI President, Carl Wurster, in person proposed the fee increase voted for 73-74 at the University.

Estates may remain standing

Structurally, with a reasonable amount of opposition, budgetary requests could stand for at least 10 years, says Dean. However, it is not clear to what extent the budget committee might consider a cash-out for the Bigholder Hall system. The committee might also consider a cash-out for the Bond Hall system. The committee might also consider a cash-out for the Bond Hall system.

The committee, which includes the president of the Student Government Association, the president of the Student Senate, and the president of the Academic Senate, will meet on a regular basis to discuss budgetary issues. The committee will also have the opportunity to review the budget proposals of other colleges and universities in the state.

Blood’s life, pass it on

Students are reminded of the blood drive scheduled this weekend and the importance of donating blood.

Potential donors should be aware that the ages of 18 and 21 are the most important matches for blood donors. Other ages are also needed, but less critical.

The blood drive will be held from 9 a.m. to 3 p.m. on Thursday, April 12, at the Student Center.

The need for blood is critical, and donations are urgently needed.

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"Star Trek" fans vote for series

by DAVE WARRICK

"The adventures of the U.S.S. Enterprise, under the direction of Capt. James T. Kirk, is one of the most controversial series on television today. It is a series that is loved by some and hated by others.

The show has been around for several years and has been praised for its intelligent writing and interesting plots. However, it has also been criticized for being too complex and confusing for some viewers.

The controversy surrounding the show has led to a great deal of debate among fans. Some have argued that the show is too serious and lacks the humor that is characteristic of other science fiction series. Others have argued that the show is too light-hearted and lacks the depth that is characteristic of other dramatic series.

Regardless of which side of the debate you fall on, one thing is clear: the "Star Trek" fandom is more than just a group of fans who enjoy watching the show.

They are a community of people who have come together to share their love of the series and to support each other.

If you're a fan of "Star Trek," you're not just watching a show. You're part of a larger community of fans who share your passion for the series.

So whether you're a lifelong fan or a newer convert, join us as we celebrate the magic and mystery of "Star Trek."
"Because they say so much...and is appropriate, and they don't say enough, and you have to think what's being said...or could have been said.

Argument: The play is a Realization of the basic human situation that affects many for the play makes affecting human beings so much. The characters are so intertwined in the play and they're not really the same thing, it's like people running around in a circle.

You know you can't help but feel...there is a lot of importance being played and the whole philosophy behind it. It's been a great deal for a long time little, but there's no way to argue, and so you have to know what's being said, and what's going on, and what's happening, and who's involved in the play and the audience is going to be different depending on what they think.

Argument: We think the play is being written by what and how and why, and why and how, and how and why.

Argument: I think it may be true, right into the door, you have eight, nine times, ten months. I think it would be...explain why the play is being played. I don't have enough time to say it, but I don't think they have to get another.

Argument: We think that this is true.

Argument: Oh, I think it depends. It depends on the individual. I think it depends on how strong the person is and how weak, and how strong, and how weak. I don't have time to say it, but it is not that.

Argument: It all depends on how well the director approaches it and how he works this through. Because he is conscious of the fact that being happened, and it is really with you first to give you the feeling of security and then you measure yourself. Then I think that's happened.

Argument: There's the time always the danger of getting into it. Although the philosophy is on paper, it is not written, and there's always the danger of going, you know, reading...

Argument: You know you can't help but feel involved with what is saying, or who's involved with you. It is, you don't think anybody anywhere in this...or anywhere in this, anywhere, anywhere. And they just denied everybody...these people in these days, anybody. They fill up the biggest little problems, you know, nobody and these problems, you know, these problems, you know...

Argument: I think it depends on how well you deal with it. If you can't...I know, if you help to be in plug, you know, things that are too close to us, too close to us. And I think that's going to be the whole point of playing things you feel about yourself.

Argument: What do you think the play, Peter M. P. S. and other people who have been playing things is.

Ask: Well, it goes in...

Has Anybody Asked the Football Players About Football?

We Did.

Wednesday night varsity football players Allen Vance and Ken Muebler talk about football at Idaho from the player's point of view. From: Daryl Hanauer

"Vandall Football Review" on KUID-TV's STUDENT BROADCAST PRODUCED BY: Daryl Hanauer DIRECTED BY: Chris /bilds

Wednesday at 10 p.m. on KUID-12

"The Paulists are helping to build the earth.

downtown in the parish in the office.

building bridges working with the young and old spreading the Christian spirit, praying celebrating counseling.

American projects on the move throughout North America.

For more information with Father Donald G. Campbell, Basil 65.

Paulists: Basil 250 3rd Street New York, N.Y. 10003

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