Club still backs Nixon

by MARK LOOKER

It was little over a year ago that this campus, along with one other California college campus, went for Richard Nixon as its presidential choice. Since the time President Nixon has been embroiled in the Watergate scandal, his integrity has been questioned, demands for his impeachment or resignation have mounted and his popularity has dropped drastically.

For all the controversy, however, the support of the President by the campus Young Republicans’ club has not diminished. “The Young Republicans, and I personally, feel that while President Nixon has done a tremendous job of rescuing the people, said Fowler, in an outburst of temporary passion, “I see a man of tremendous political and intellectual capabilities.”

Concerning the talk of impeachment from his own party earlier this week, Fowler stated, “I believe him.” Fowler added, “I pray him for looking toward the future, for trying to save the presidency and just not himself.”

Two after effects of Watergate have been the increasing cynicism of student in particular and its electorate in general towards the reliability of Republicans to vote, said Fowler.

“During the recent Proposition One campaign, there was a problem getting Republican voters to support us. They just weren’t interested in voting. Whether this was because of Watergate or hard to say,” he added.

“Have there been an increase in cutbacks on this campus? It is in the negative sense that people view politics,” pointed out Fowler. “There is a lot of the more idealistic people feel betrayed by the scandal. We also find the larger issue to be the candidates we want and we get people involved.”

Running on his frustration and anger at what has taken place since Nixon won his huge landslide victory over a year ago, Fowler paused a moment and then declared, “The Watergate syndromes is something that belongs in the bananas republics of South America and not the American political system.”

Fuel cutback hurts

In what may prove to be one of the biggest matches of the season, Cal Poly’s wrestling held off a late surge by Oregon State to win by the Beavers, 18-15, in Wednesday’s dual meet here.

“Just unbelievable. Probably the greatest game I’ve ever seen. The never-say-die attitude was there. The Beavers to be in the thick of the battle for the National Collegiate Athletic Association (NCAA) crown. The Mustangs got a boost from the new additions to their roster, Grant Arnold at 141 and Randy Hudson, a heavyweight. Assistant coach Mike Halverson, 6-8, with aakedown in the first period, and a third-period reversal. Halverson managed only two escapes.

Hulbich turned Hudson’s 1-4-draw with Larry Bellmans, the key match in the win. Hudson, who tipped the scales at a healthy 184 pounds, fought Bellman’s quickness but prevailed in a grueling match. Both men had taken down out of bounds, and both

(continued on page 11)

Matmen’s big win stop OSU, 18-15

by RICK KNEEPP

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“This has got to be a big victory,” Mustang coach Vaughan Hitchcock commented. “We haven’t beaten Oregon State often, and this will provide a lift for our inexperienced wrestlers. I’m very pleased.”

Hitchcock said earlier that he expected

Full grades

Students who saw their final quarter grades mailed to their home should have a selfaddressed stamped envelope at the Records Office, Admin.

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in total power this year as compared to last year’s supply.

In other action, Jean Carbery, student representative to the selection committee for a new dean of the School of Business and Social Sciences reported on its organizational structure.

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Bad apple doesn’t spoil whole barrel

Editor:

Recently not to long ago, I read a letter in the MUSTANG DAILY that served to formally initiate our campus food services. This puts me in a dilemma. The letter was biased, everybody knows that. But then you make a nisey, norny sandwich that was just like seeing the sky!

One would think that a foregone conclusion would really go for the chain. Filling food served here at Poly, unlike the foreign food served is less fortunate countries, such as best food.

This person also said that he knew someone that received a thin sandwich that tasted bad. Well! I have known several people that have received thin sandwiches that tasted good! As the O’Dormeratt put it to apply for some of their pop homes, “One bad apple doesn’t spoil the whole barrel.” The one bad sandwich can be likened to one bad apple. Try another apple butt!

Purchasers, I personally am acquainted with someone who works in the dining hall and he works real hard and tries to make good tasting food. Who can deny a personal testimony?

Also, to you others whom I’ve heard snickering about the alleged “bad food,” I say why don’t you just go somewhere else you crybabies!

Gordon Breffit

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**Health Center Spin-off**

Can you think any subject more bandied about than diet? We suppose, it’s because a baby is not delivered with a life-time warranty affixed to it, good diet prescribed maintenance and instructions are followed. So everybody is free to be his or her own expert, or even to write a book on feeding, if a financial backer and publisher can be found.

Diet simply means one’s intake program. Purpose: vary; to stay alive—to be healthy—to achieve weight. No one, however is free to suggest what the quantities are. Nutrition is the process of carrying this program out. Malnutrition is when we’re meaning up.

In this land of plenty and ease, dieting usually implies the attempt to lose weight. We are deluged with all manner of advice about the Secret of Success. Almost all of it is bunk.

There are a couple of voices that get lost in the din, but are worth trying to listen to. Fred Bar and Jean Mayer are a couple of Harvard nutritionists who are honest, sane, sensible, scientific, and probably not desperate for an extra buck. Just for their stuff to the mass of diet literature.

The people point out that the healthiest diet is one properly balanced in protein, carbohydrates, fat, vitamins, minerals and trace elements. Man is remarkably adaptable and can survive for long periods on nutrients that even goats and dogs might pass up, but experimentation and trial and error have shown us that we generally strive best, with least disease and longest life, when we take in the four major classes of food daily: proteins, milk foods, milk foods, milk foods, and fruit foods. How much depends on our energy and repair requirements (assuming we have our growth when we get to college). Eat or drink more calories than we need to maintain the basic body mass and we become rotund with fat deposits.

Less, and we become angular. Variations from an essentially balanced diet all have clearly demonstrable results.

Here’s the program. First, decide what you want to weigh, taking into account your body build/size, muscle mass, etc. (Most height-weight charts don’t help much. They are based on averages and you can’t “average” yourself up.) Then select a balanced diet of the foods you like, or maybe the food you would like to learn to like, and grow it yourself, buy it at the supermarket or the health food store, or eat it at the Great American Spoon. It doesn’t make much difference, except to the pocketbook.

Vitamin-mineral supplements are usually unnecessary if the diet is balanced with the four food classes, unless you are considerably underweight. Some people are underweight, some people are overwieght (some being destroyed by host). If you aren’t already in the know on calorie counting, we refer you to various manuals on the different foods, find a calorie chart (bookstore, library, etc.). If your weight is stable where you figure you look and feel best, estimate your calorie intake. If it is too high or too low, adjust to the stick with it, regardless of fluctuating appetite. Most young people need between 2,000 and 2,500 calories. Thinning down, maybe 1,500 to 2,000 calories for weeks or months, ignoring variations in rate of loss and weight regain, the program is the maintenance level. Filling out, maybe 3,000 calories or more. It is certainly vital to physical tissues, to the skin, to the only source of food, and to weight control.

How you eat is important too. No meal should be as large in bulk or calories that it makes for discomfort. Divide the day’s food into three meals is healthiest for most people. Some do better on a four or five meal division. No waiting, fewer malaise than it was the last, gaining more pleasure from less food. No reducing pills, ordinarily (bad medicine); so different (considerably bad medicine again); and no screwball diet plans, whether or not they’re much favorable among the Mayo or Air Force are attached to them.

Merry Christmas!

Santa is coming to campus soon.

Santa Claus will make his appearance early this year, than we arrive in Chumash Auditorium, Santa Barbara, Saturday night, December 22. The famous Majors and Minors “Sing Along” by the music Club, the Music Department and the Student Senate is expected to be a musical feast, and includes popular Christmas numbers as well as a costume display. In Chumash Auditorium, Santa Barbara, all are welcome to participate by singing along. And on hand to accompany the varied voices of the assembled large crowd will be the newly formed University Wide Band.

On hand to accompany the varied voices of the assembled large crowd will be the newly formed University Wide Band. Occasional performances by the Music Club, the Music Department and other groups will be expected to participate by singing along. And the best part about it is that it’s entirely free of charge.

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Gas diminishing...

(continued from page 1)

power. "The stolen money was not recovered.

'The fear of what could happen to me during the gas crisis is mainly what prompted me to sell the station. Somebody who had been in the business for 20 years or so may have reacted differently," Matthews said.

The present gasoline crisis is due to the inability of refineries to keep up with gasoline demands, says Matthews. There is presently no true shortage of natural resources, as far as he can see.

"Gas rationing is just a preventative of an ensuing shortage in the near future," Matthews said. "We've got to keep tight rein on our natural resources, or before long there will be none left.

"I don't want to get out of the gasoline business while I'm young enough to start over," he said. "The almost 25 years going to get to gas again, is to keep it in my tank."

Matthews is employed as a nuclear inspector at Rancho Seco Nuclear Plant in Sacramento County. He plans to enter into police science next September at a California State University.

"All this talk about gas rationing really has me scared," he admitted. "I'm looking into buying a motorcycle. In fact, I'm seriously considering getting a horse!"

Earth comedy of George Carlin in new recording

Atlantic Records has just released two comedy albums. They are George Carlin's "Contemporary Poet" (LP 1009), and Burns and Schreiber's "Pure B.O. (LP 1009).

Of the two, Carlin stands out as the most humorous. His method is straight monologue, telling little stories of his past experiences. One of the better stories concerns the time gram took over his neighborhood when he was a child.

He also covers such topics as White Harlem, the classification of races and the seven dirty words that cannot be uttered on television, all handled with the enlightenment that is George Carlin.

Burns and Schreiber's "Pure B.O." is exactly what it says it is. The album contains a lot of conversation that seems quite funny, but never has the listener rolling on the floor.

Matmen score big win...

(continued from page 1)
scored an escape before any riding time could be accumulated.

"We were in front in the team move, three going into Randy's match, and I won a win, not a tie. I had him stay out of dangerous situations, hoping an escape or riding time would stand up for a draw or a decision," Hitchcock said. The strategy paid off.

Polly got off to a slow start, dropping their first two matches. Their Greene was student by a tough Tim Phillips, 54, at 130. Phillips was the aggressor throughout, scoring two takedowns and riding out the third period. At 135, Bill Dickson defeated a superior decision over Leon Lennarvill, 16-5.

Arnold's win over Beilensburg opened a string of five consecutive match victories. Mike Wamum outlasted Doug Robert, 54, at 140, the margin being a one-point penalty against Zobert for stalling.

Bruce Gardner, who appeared to be a favorite of the 1,000 fans present, braced Dan Zetopat, 54, at 145, Phillips the aggressor at the start, followed plenty of entertainment, scoring a two-point nearfall in the third period and more than six minutes riding time in the championship. Mike Cliff Hatch was credited with the Mustang's only superior decision, a 6-0 win over Steve Cochran at 164.

Bruce Lyon closed out the Mustang's string with a 5-0 decision over Steve Ballard.

Bush Thompson dropped a 6-4 decision to Randy at 175, and Keith Leland, battling the NCAA's Outstanding Wrestler for 1978, Greg Shrobel, was defeated, 13-3 at 180.

Defending NCAA champion Greg Shrobel lost control of Polly's Keith Leland in a bout at the 180 pound division. Shrobel went on to win his match, but the Mustangs defeated Oregon State, 15-12.

(The meanest drink in town)

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OLDE ENGLISH

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Polly

Highland Drive, Los Gatos
Females clash in powder puff duel

Autumn...and Lucy has dusted off her football to pay homage out good old Charlie Brown more time.

'Tis the season.

Football and femininity combine for a lighter touch in the Powder Puff game this afternoon at Mustang Stadium.

Atting the usual composition of the football field will be the senior-freshman "Adidas Mobbers"—named for the popular drink of a local tavern— and the junior-sophomores "Bill O’ Honey" (formerly "True Gilt"). The traditional fall-spring event is sponsored by the Women’s Recreation Association.

The powder party is just. "There is a lot of serious competition involved as well as the fun," said Bliss Monong, player and WRA-Powder Puff chairman.

The game is played flag football style, she explained: no shoulder pads, clinic or special equipment is used. But just plain, underdressed football appeals to women "from a diversity of backgrounds, not just P.E. majors," she said.

Football is not an exclusively "girl" sport. "It’s a very competitive and physical, which women can enjoy as much as men." "Last spring’s Poly Royal game was the best we had ever had," she said. Many of the same players are back this season and the teams have been practicing since the first of September.

One of the head coaches, Jeff Nowak, said that "the girls are not from a sports background. But their team spirit and discipline is exceptional, and so is the playing."

The game is scheduled at 3 p.m., today in Mustang Stadium. Admission is 80 cents.

Poly cagers open slate

The Mustang basketball team travels north this weekend to open their 1974 season against San Francisco State on Friday and the University of Pacific on Saturday night.

"I don’t know if we are any good right now. I think we are, but we won’t know until we play some good teams. This weekend will give us a good idea of how far we have advanced into the year," said coach Ernie Wheeler.

The Mustangs are coming off a brush victory over the Poly JV’s 44-40 Monday night. Wheeler doesn’t feel that the game was a true test of his team’s ability.

"San Francisco State is a very inexperienced team this year, with no real tall men on the team. If we can control their fast break offense we should win the game," said assistant coach Steve Humann.

According to Humann, who has played and coached at SF State, the Mustangs will have to break a very tough defense.

Saturday night the Mustangs will play in an arena that is notoriously bad that it has been named the "make pit."

The Pacific auditorium is the home of the University of Pacific. It was recently voted one of the worst ten places to play basketball by a voting panel by Sports Illustrated magazine.

Poly has its work cut out for them Saturday night because they have to more awesome UOP fast break. They must control a 6’11" center named Melvin Fish. The Mustangs will rely on inside shooter in John Ehrhart. Also, Poly will have to keep their cool in front of the LMC screaming-blood thirsty UOP fans.

"Anyone of our players can get off the bench and play as good, if not better than one of our starters," said coach Humann.

"The month of December will be a building month for January and February. We’ll have to win," said Wheeler. The conference games begin in January.