Counseling Center helps you cope

Are you feeling anxious about your studies? Do you want to learn more about yourself? Would you like to develop new coping strategies? If you can cope with your anxieties and tension, it is your goal to live a healthier, more balanced life.

The Counseling Center is open to all students, and counseling is totally confidential. No records are ever kept on the students who go. A student can go and see a different counselor, and some reason a conflict arises with that particular counselor, the student is free to switch to a different counselor.

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A new program offered as an outreach of the Counseling Center is the Learning Assistance Center, held in Room 206A of the Library. There, students will be helped with learning problems.

Some students have discovered they are able to eat all of their meals at the dining hall with such a meal plan. Baner and Violette, Pico Blvd., and Tropicana Village, are two of the many housing complexes with dining halls that have previously offered meal plans. Students and low-income groups, and especially seniors on social security, have benefited from the meal plans.

For example, Baner and Violette offer type of meal ticket which is valid at any of the dining halls. Then, the owner of the meal ticket could eat all he wished, it would be easy in an inexpressive way, or in a restaurant, or by preparing his own meals. Baner and Violette is opposed to the ordinance and will continue to sell non-resident meal tickets for Winter Quarter.

The dining hall at Cal Poly is not affected by the ordinance. Meal tickets are sold to both resident and non-resident students. Only Cal Poly students can purchase meal tickets.

While there are no pressure from restaurant owners or any group to pass the ordinance.

Health Center phone number now 546-1211

The phone number for the Health Center has been changed because of the "increased facilities." The new phone is 546-1211. This number should be used for both new emergencies and regular business calls.

The entire Health Center has more than doubled in size, according to the Health Service Assistant David Graham. Among the changes, there is a new X-ray dept., medical lab, physical therapy dept., clerical and administrative offices. A doctor's office consisting of a office and examining room, a larger pharmacy, a larger X-ray room. There is a new library, including a room located downstairs portion of the health center, and it is open to students.

The new "Triage," the heart of the health center, said Graham is for patients without an appointment go for an initial evaluation.

City Council restricts sale of meat tickets

The San Luis Obispo City Council has passed an ordinance which required all off-campus student housing to be restricted the sale of meat tickets to residents only.

The ordinance, which took effect Fall Quarter, also provides that meat tickets be sold only for meals served in the dining room of the University Center, and that non-resident students be given priority over resident students when eating at the dining hall.

The ordinance is not welcomed, by the residents who have grown each year because of the inconvenience of eating in dining halls, and yet they do not want to live in student housing. Many students who want the hall are unable to enter because of the restricted hours. The hall is open to anyone who wants to eat a meal.

Women's club plans picnic

All international students will be cordially invited to a family style picnic on Saturday, October 5th at 13:30 p.m., to celebrate the culture of American family life.

The event is sponsored by the International Student Committee of the Cal Poly Women's Club, and is one of several special programs for the international students, to promote understanding and give the students at Cal Poly an opportunity to meet their fellow students and community families. Also being planned is a period dinner in January and a spring picnic.

All faculty, staff and their families are invited to attend the picnic. Each family should bring a casserole and salad or dessert for their own family. Additional food and beverages will be available for purchase.

The picnic is in the International Students Association and is one of the ways to encourage the students to engage in community activities.

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IT'S GETTING TIGHT IN HERE!

Drinking incident injures spectator

Editor:

There are many ways to enjoy a football game. One of the most popular is sipping your favorite brew until the game is just a faint memory. It is to this point that this letter is aimed.

Last weekend I travelled to Fresno to watch the Cal Poly game. I thought myself fortunate to find good seats in the Cal Poly section. I was soon disillusioned.

As the first quarter passed, I was conscious of some loud noise and drinking going on behind me, but thought little about it. By the end of the first quarter, the noise had increased and by the end of the half the second booted of Ricardi Hall had passed beneath my feet. Trouble was on the way.

By the middle of the third quarter these guy's behavior had deteriorated to the point that one was standing up, shouting loudly at nothing. He then cursed spread eagle over three rows of spectators, I being one.

This continued with his buddies trying to restrain him until he passed out and was bodily carried away.

My troubles were thought to be over. Although I noticed that the drinking, again I thought little about it. By the middle of the third quarter, the noise had increased and by the end of the afternoon, the 'stewed students' were from classroom affiliations.

I would be slow to totally put down the great American Tradition of "Football and the Plank", but there must be a limit. When it comes down to people going to a game to get totally stoned and to call that fun, there is something wrong. It is an infringement on others rights and in this case, a needless atrocity.

This demoralized behavior has no continued on page 3:

Good Eating at Cal Poly

Gospel singers will perform

The Children of the day, a Gospel-singing quintet from Southern California, will perform here on Friday, Oct. 4. The concert will be at 8 p.m. in the outdoor amphitheater next to the Cal Poly-Theater.

The group, which has appeared in many other countries, will offer classical to folk—rock religious music.

No admission will be charged for the performance; donations will be accepted.

Editorial

Policy

As many letters to the editor will be published as possible, but we reserve the right to cut any of them in order to fit available space.

Letters should be typed, double-spaced and addressed to Editor: Mustang Daily, Bring the letters or send them to Graphic Arts 208. They will be published as soon as possible. All letters are welcome, and all will be read.

The final minutes of the game ticked away and the crowd began to thin out. Suddenly, from the left of me a tremendous crack, I looked to see five bodies sprawled on the bleachers. Three were guys who were "feeling no pain", two were girls, bystanders, those of us who thought nothing. As I watched the people untangle, I could see that one of the girls was seriously hurt as she clutched her arm and fell back into the hands of her friends.

Meanwhile, the acrobats continued their drunken romp as they pushed and plummeted their way over many spectators, spilling their "sauce" over many. I do not know if all of the guilty and the victims were Poly students. I do know, however, who at least two of the "stewed students" were from classroom affiliations.

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This demoralized behavior has no
Birth control and abortion services offered by clinic

I'd like to talk to someone about birth control, can you help me?

That's a common question around the health center these days.

Birth control information and abortion counseling are two of the services offered for girls through the La Femme Clinic of the Cal Poly Health Center.

The clinic began two years ago to augment the regular services of the Health Center. Students with the health cards receive free pap smears and are given a 25 per cent discount on birth control pills. Non-students may avail themselves of the services also but are charged $6.50 for pap smears and must pay regular prices for birth control pills.

La Femme clinic works with patients on an individual basis. Forty hours a week the clinic begins two years ago to augment the regular services of the Health Center. Students with the health cards receive free pap smears and are given a 25 per cent discount on birth control pills. Non-students may avail themselves of the services also but are charged $6.50 for pap smears and must pay regular prices for birth control pills.

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La Femme clinic works with patients on an individual basis. Forty hours a week the clinic selected for pregnancy and the stage of development of the embryo. She is then referred to a nurse and asked to decide about her future. The patient may have an illegitimate child, have the child through marriage, can put the child up for adoption or have an abortion.

Nurse Practitioner Florence H. Mealer said, "Almost all girls choose one of the three alternatives. The girls think for two days before making a decision about their pregnancy."

The nurses set up an appointment for the abortion then refer the patient to Fresno for the surgical procedure. The operation only lasts five minutes for a local anesthetic case.

"The girls are in the hospital for about two hours and return the day after surgery," said Ms. Mealer.

The operation costs $100 for Cal Poly students. They can pay in cash or money order only. After surgery the patient is also given another pap smear and birth control pills if she wants them. There is also post-abortion counseling for the patients. They are asked to return to the clinic three months after the operation and to return again later in the year to talk about their feelings on the surgery and their general mental state.

The nurses start counseling the day after the woman has been referred. They then meet with her daily. The operation costs $100 for Cal Poly students. They can pay in cash or money order only. After surgery the patient is also given another pap smear and birth control pills if she wants them. There is also post-abortion counseling for the patients. They are asked to return to the clinic three months after the operation and to return again later in the year to talk about their feelings on the surgery and their general mental state.

Girls wanting abortions are

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THIS IS RAY BUNCH,
A SENIOR AT CAL POLY.

When he graduates in June, he is GUARANTEED a starting salary of $9,484.56 a year

Free medical care for himself and his dependents
Food, gasoline, clothing and many other items at reduced prices
An opportunity for foreign travel
Eligibility for one of the most comprehensive retirement plans offered by any organization
Additional educational opportunities

RAY IS GOING TO BE A UNITED STATES ARMY OFFICER, AND HE WILL ATTAIN THAT GOAL THROUGH HIS COMPLETION OF THE MILITARY SCIENCE PROGRAM HERE AT CAL POLY.

We mentioned some of the material benefits that Ray will enjoy as an Army officer. Perhaps more important is the experience in leadership and management that Ray will gain as an officer plus the personal satisfaction that comes from doing challenging, meaningful work. Our Military Science program is designed to prepare all of our cadets, both men and women, to meet the challenge of life as an officer in the United States Army.

HERE IS HOW THE CAL POLY MILITARY SCIENCE PROGRAM SHAPES UP

FRESHMAN YEAR: (No Military Obligation Whatever)
M8c 101-A one hour per week-one credit course in the evolution of warfare, concepts of International balance of power.
M8c 103-A one hour per week-one credit course in the U.S. defense establishment.
M8c 103-A one hour per week-one credit course in U.S. military history and the principles of war.

SOPHOMORE YEAR: (No Military Obligation Whatever)
M8c 201-A two hour per week-two credit course in unit formation, principle of personnel management.
M8c 203-A two hour per week-two credit course in the principles of military tactics and operations.

JUNIOR YEAR:
M8c 301-A four hour per week-four credit course in advanced leadership, principles and methods of army instruction and counterinsurgency techniques and tactics.
M8c 303-A four hour per week-four credit course in small unit tactics and tactical communications.

ADVANCED CAMP:
Following completion of M8c 301 and 303, a six-week intensive leadership training and development exercise held at Ft. Lewis, Washington. (salary & expenses)

SENIOR YEAR:
M8c 401-A four hour per week-four credit course in advanced leadership, military justice, methods of coordination and planning among elements of military team.
M8c 403-A four hour per week-four credit course, a continuation of M8c 401.

TOTAL CREDIT HOURS-25.

WE DON'T THINK THE ARMY IS FOR EVERYONE. But if you're a cut above, and you want a challenging job when you graduate, stop by the Military Science Department in Dexter Library. We would be happy to discuss the ROTC program with you at length. (telephone 546-2371)