Proposed health plan may benefit students

By SANDY NAZ

A health plan that will provide for
coverage of health care for
students and low-income
workers is being developed
by the Los Angeles
Medical Association.

The plan, scheduled to
be put into effect
January 1, will take
over the duties of
the LAMA's
Student Health
Plan.

The plan, Nazrormal, will
cost $95 a year for
students.

The cost for fulltime
employees will be
based on their
 salaries.

Implementation of the
plan will be handled by
the California
Insurance Agency she said.

Other

A unique page for
interpretation is Benvigno
Leighmann's pyramidal
statement of Drawing.

The exhibit, sponsored
daily by the Cal Poly
Photography and the Art
Department, will run until
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Health cards cure costly medical bills

Lanidy, I have spent a good deal of my time thinking about the high cost of medical care. It has caused me to wonder about the interest being shown. I have been told that there are people who would like to have a Health Card. My parents' insurance policy on me.

It may be true that you are not covered by your parent's insurance policy, but you are not equipped to handle the costs of surgery and brain transplants. You should have the option of getting a Health Card. Your parents' insurance policy may not be adequate.

What about all those medical emergencies? How many insurance policies have clauses forbidding payment of hospital bills for medical emergencies? Yes, there will be times when you might need medical care. But what about the rest of the time? You should have the option of getting a Health Card. Your parents' insurance policy may not be adequate.

The situation clearly requires a trip to the doctor. It's possible the doctor may suggest a Health Card. If you put your name on your Health Card, you might be able to start an epidemic.

Rally Club functions misunderstood

It's hard being in a club that is misunderstood. I belong to Rally Club, which is a pops or spirit club at Cal Poly. It is frowned upon by many of the students, probably because they misunderstand it.

Rally Club's function is to provide funds for athletic events and to give money to other students who need it. Rally Club provides the fund for two athletic events each year: the bowling and the color day. Rally Club also has the option of providing funds for athletic events on a limited basis.

Rally Club provides a myriad of functions at Cal Poly. For example, Rally members have organized bowling games, a bowling tournament, and have provided funds for athletic events and taking care of the "p" in the hill.

Mustang Daily

Letters policy

Mustang Daily welcomes letters expressing all viewpoints. Letters must be addressed to the Editor. They may be published anonymously at the discretion of the Editor. Persons desiring to submit a letter are requested to mention their names and addresses on the back of the letter.

We reserve the right to edit letters for length and clarity. Letters may be published anonymously at the discretion of the Editor. Persons desiring to submit a letter are requested to mention their names and addresses on the back of the letter.
Designated parking zone meets goals

Designated parking zones have been established on campus. Parking in these zones will be 100 percent peak period, and any vehicles found in these zones during non-peak periods will be ticketed. The zones are designed to alleviate traffic congestion and encourage students to park near their classes and residence halls. The zones include the following areas:

- Main Campus
- South Campus
- West Campus

Parking in these zones will be limited to vehicles registered with the University Parking Services office. Violators will be ticketed and may have their vehicles towed. The ticketing process will begin on Monday, January 16. Violators will be able to appeal their tickets through the University Parking Services office. The zones are designed to improve traffic flow and reduce parking congestion on campus.

New governor elected

The State University of New York has elected a new governor. The new governor, a former state senator, will assume office on January 1, 2018. The new governor has a strong record of service to the state and is committed to improving education and infrastructure across the state. He has pledged to work with all stakeholders to ensure that the state's universities have the resources they need to continue providing a high-quality education to students.

Technology lectures begin

The State University of New York is proud to announce the start of its annual Technology Lectures series. This year's series will feature lectures on a variety of topics, including artificial intelligence, data science, and cybersecurity. The lectures will be held on Wednesdays at 7 p.m. in the University Union. The lectures are open to the public and are free of charge. For more information, contact the University Union at (555) 123-4567.

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Preventative medicine — a key to good health

BY GARY TAYLOR

Preventative medicine, as a health strategy, has been advocated for centuries, and it appears to be gaining momentum as we age.

Last month, Dr. Sally Muenow of the Cal Poly Health Center, presented a seminar on the prevention of illness and the cost of illness.

"We are trying to educate," said Muenow. "If we prevent the illness, then it is a cost-effective way to prevent illness."

Instead of waiting until an illness occurs and then curing it, preventative medicine seeks to keep people healthy, both physically and mentally, and then treat them if they become ill.

The benefits of preventative medicine are manifold. It can reduce the cost of illness, lower health care costs, and improve quality of life.

Some of the benefits of preventative medicine include:

1. Reducing the cost of illness by keeping people healthy.
2. Lowering health care costs by preventing illness.
3. Improving quality of life by preventing illness.

However, preventing illness is not always easy. Although, like natural disasters, the final outcome may be the same, preventative medicine can be a cost-effective way to prevent illness. "It's not always easy, but it's not always impossible," said Muenow.

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When it can be so easy, why do it any other way?

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Preventative medicine — a key to good health

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Stress: ‘It’s as if they’re really not thinking straight’

By EDDIE IBAZAGUIA

It has been blamed for everything from paper shreds to student fees.

Stress, a catch-all word used to explain everything from failing to lost deadlines, is not a disease, as medical experts know. But it can be a problem in itself.

It’s as if they’re really not thinking straight, he said. The body can’t function without it.

Some people become self-destructive.

Others merely become grumpy.

...
The place to lose some weight...

By LAURA CHRISTIAN

Some overweight people have tried various methods and diets to lose weight. But at the Center for Health Improvement, part of the Marathon Health Center, they have put together a special program that they claim will help people lose weight.

The program is called "Electrolysis," and it is designed to help people lose weight in a safe and healthy way.

The program is based on the principle that the body's electrolyte balance is important for weight loss.

"Electrolysis is a method of removing excess electrolytes from the body," said Dr. John Smith, a doctor at the Center for Health Improvement.

The program involves a series of treatments, each lasting about 30 minutes. The treatments are administered by a trained professional, and they are designed to help the body release excess electrolytes.

"The treatments are safe and effective," said Dr. Smith.

The program is available to people of all ages and all weights.

"We have helped people of all ages lose weight," said Dr. Smith.

The program is also available at the Marathon Health Center, located at 123 Main Street.

For more information, call 123-4567.

...and the way to gain it all back

Health Center physician Dr. Jane Doe has been working with people who want to gain weight. She has found that the best way to gain weight is through a balanced diet and regular exercise.

"A balanced diet is important," said Dr. Doe.

"But it's also important to do regular exercise," said Dr. Doe.

"I've helped people gain weight through a variety of methods," said Dr. Doe.

"The key is to be consistent," said Dr. Doe.

"People who want to gain weight should eat a balanced diet," said Dr. Doe.

"And they should do regular exercise," said Dr. Doe.

For more information, call 123-4567.

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Poly plays good ball, beats Hayward

By JANET KRIEGEREY Daily Sports Editor

It was one of those nights when almost everyone west right. The Mustang basketball team played well together, made few turnovers, answered some defenses and scored points.

In a rematch with Cal State Hayward Monday night, the Mustangs knocked out the癃angs 92-76. Though Hayward scored at the game did not go in too early in the first half.

After last Saturday's Foster Shoes game where Poly defeated Skippers, Assistant Coach Tom McLean remarked that a team around was many-ball game making their third team of minutes. Naturally it is important to keep up your work and to show the Mustangs were very competitive. In fact, it is true, the Mustangs played almost identical against Hayward. The squad made only ten turnovers, its lowest mark of the season.

Poly built up a seven point lead in about three times during the game but Hayward was persistent. The Mustangs clapped away at the 20 percent floor, only trailing by a few points at times allowed enough momentum to Overcome the Mustangs.

"It was a good win," said Head Coach Brian Wozniak. "We really needed the way we played. It was an enjoyable game for us over 90 percent."

Two Poly players scored in double figures. Paul Wolter and the scoring with 14 points while Mike Pries and Bob McKenna netted 13 points apiece.

"It felt like we all contributed," said Dave May and Dave. "It seemed like we all played to win when we played."

The Mustangs seem to be running out the wrinkles and becoming more consistent.

They scored at a fairly steady clip. There was only one four minute period where they did not score. We'reOTTING better. In the last few weeks we've been more relaxed and played better games. Scotty is using a more utility man Neil Webster. Our back three are getting stronger—we've still got some learning to do."

Ploy will carry its winning streak into its first league game when it plays at San Luis Obispo today. The Mustangs are tied for 2nd in the NWC. The broadcast will be over KYBO FM.

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EVELYN WOOD READING DYNAMICS
Preventing the weekend aches and pains

by Janet Krutich

Daily Sports Editor

You might be doing yourself more harm than good by being overly active especially if you don't do any regular physical activity.

The problem is that even on the weekends, you're not really off. Most people have a group of friends that they run with on Monday, Tuesday and Wednesday and Sunday can also be seen at the Health Center getting a massage.

People who are not good candidates for weekend workouts may not be contrary. If you wake up on the weekends looking the drain of injuries.

"We have a lot of anamorphosis coming to the Health Center over the weekend," said Dr. Thomas Collins. "And of those, it's coming from the most violent contact sports. Many injuries are also suffered from over-exertion."

Many athletes who should not be joggers because of physical limitations other than skin friction and sore ankles, Collins said. These people may be more suited to playing tennis or golf but the only way they will know is to undergo a physical examination before an exercise program.

Another way of preventing injuries is to begin a graduated exercise schedule. Get going for yourself and gradually increase the amount of time you spend swimming or playing tennis, said Collins. "You start everywhere and the only thing you have to remember is that you don't have to suffer like that. You don't have to do it, that is, if you take these steps before you start an exercise program."

First, have a physical examination to determine what physical condition you are in. Next plan a graduated program for and determine that is best suited to you. All you have to do from here is stick to it and the Monday morning blues will never be the same.

Wrestlers host Diplomats

The Cal Poly wrestling team hosts Franklin College in a 7:00 p.m. match in the Home Gym on Saturday. The Mustangs are looking past a 3-3 mark to a chance to catch with Clarion State.

Do don't feel it's not likely that the Diplomats will pull off a major upset. Last year the Mustangs wrestled Svihot at Clarion State in a match that was won by the Diplomats. This year's match will be in Clarion and is expected to be a close one.

The Diplomats come to Monterey at a 5-2 mark in that respect this season. However, the Mustangs are definitely looking forward to the Clarion match.

A year ago, when the Diplomats went to Clarion, the Mustangs dropped a 35-2 decision to the Eagles in a match they had already won.

A switch to their home venue could make a big difference in the outcome. A win in this match will be made against the Eagles as the Mustangs are ranked 22nd in the nation. Pomona-Pitzer will be broadcasting the play-by-play.

by play, Cal Poly Sports Information Director Wayne Shaw says that as far as he knows it will be the first time a wrestling match has been broadcast from the Poly gym.

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News in brief

Death row for Phoenix killers

PHOENIX, Ariz. - Two men convicted of first-degree murder have been sentenced to death, the latest in a wave of executions in the state.

Hoover accused of FBI misuse

WASHINGTON (AP) - The House Judiciary Committee has scheduled a hearing on the FBI's handling of evidence in the case of John Howard Hoover, a former FBI official accused of payroll and other misdeeds.

Jewish settlements approved

JERUSALEM (AP) - The Israeli government has approved the construction of two new settlements in the West Bank of the Jordan River.

FDA wants food colors listed

WASHINGTON (AP) - The Food and Drug Administration wants food color manufacturers to label all food products that contain artificial colors.

Prostitute dealers used teenage boys

SAN FRANCISCO (AP) - Police say they have arrested two men accused of using underaged boys to sell drugs to adults.

Junk food

Continued from page 1

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