Proposed health plan may benefit students

By SANDY NAX

A health plan designed for college students by state workers is nowhere near completion.

The proposed plan offers several incentives for state workers and is designed to benefit employees.

The plan will not be decided upon by the legislative body, but is under discussion by state workers and employees.

The goal is to achieve a balanced plan that will benefit both students and state workers.

The plan will be presented to the state workers and employees for their input and consideration.

Implementation of the plan will be made by the Agency, said the students. Other students will add in the plan.

The next public workshop to discuss the final draft of the plan is yet to be determined.
Health cards cure costly medical bills

Lately, I have spent a good deal of my time discussing the high cost of medical care. It is an important issue, and I am aware of the interest being shown. I have been asked to examine the situation further. This is what I believe: We are all tired of expensive medical bills.

In spite of all this interest, I am still somewhat concerned about two types of bills. One is the cost of medical care; the other is the cost of medical insurance.

And what about medical bills? The situation is clear: We are all tired of expensive medical bills.

Some people argue that the problem is not with medical care, but with the cost of medical insurance. They say that we should focus on finding ways to lower the cost of medical insurance, rather than trying to control the cost of medical care.

I agree that the cost of medical insurance is a serious problem. But I believe that we should also focus on finding ways to lower the cost of medical care, because the two problems are related.

The cost of medical care is directly related to the cost of medical insurance. If the cost of medical care is too high, then the cost of medical insurance will also be high. This is because health care providers will charge higher prices, and insurance companies will pass these costs on to consumers.

In conclusion, I believe that we need to work on both the cost of medical care and the cost of medical insurance. We need to find ways to lower the cost of medical care, and we need to find ways to lower the cost of medical insurance.

Rally Club functions misunderstood

It's hard being in a club that is misunderstood. I belong to Rally Club, which is a boys' pep club at Cal Poly. I have been a member for two years, and I can attest to the club's many positive attributes. However, I have noticed some misconceptions that are prevalent in the minds of many people.

For instance, some people believe that Rally Club is only a social club, with no educational or professional benefits. This is not true. Rally Club is much more than just a social club. It is a place where boys can develop leadership skills, learn about various career paths, and build relationships with other students.

Another misconception is that Rally Club functions are only fun and games. While it is true that Rally Club functions are enjoyable, they also serve a purpose. These functions are an opportunity for students to network and build connections with potential employers.

Furthermore, some people believe that Rally Club functions are only for socializing. In reality, Rally Club functions are a way for students to gain valuable experience and exposure to potential employers. These functions are an opportunity to learn about different industries and career paths.

In conclusion, Rally Club functions are not only fun and games, but they also provide valuable educational and professional benefits. It is important to dispel these misconceptions and understand the true purpose of Rally Club functions.

Mustang Daily

Letters policy

The Mustang Daily welcomes letters expressing all viewpoints. Letters must be signed and must not exceed 400 words. Unsigned letters will not be published. We reserve the right to edit letters for clarity and space. All times are Pacific standard time. All letters are subject to publication in print and online.
Designated parking zone parking meets goals

Designated parking zones began last fall to help reduce campus congestion and increase safety. Parking in these zones, according to campus police, has improved dramatically since they were implemented.

New governor elected

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Dr. Kelly is a former student at Cal State Fullerton and has been a professor at Fullerton College for several years. She has a Master's degree in Business Administration from the University of California, Los Angeles, where she also teaches.

Puppeteer to return

Puppeteer Bruce Sakahana, who performed with the Puppeteers of the World during the 2017 DHR, will return to the University this fall. He will perform at 7 p.m. in the CSU Union at the University of California, Los Angeles.

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Preventative medicine — a key to good health

BY GARY HAYES

Preventative medicine, as a health strategy, has been advocated for centuries, and it appears with regularity in medical writing. Last week, Dr. Betsy Mayer of the Cal Poly Health Center, presented an evening with a person’s health rather than illness.

"We are trying to convince," Dr. Mayer said, "that a prevention between good health and the onset of illness.

Instead of waiting until an illness occurs and then treating it, preventative medicine seeks to get a person in good health, both physically and mentally, and then keep them that way.

The benefits of preventative medicine, as outlined by Mayer in her presentation, are immense. In health education classes, we are teaching the art of prevention, not just taking care of sick people. In fact, the prevention of disease and death, including smoking, eating and drinking, living a healthy lifestyle, and not exposing to infectious diseases.

Other benefits include increased productivity and fewer absences. As Mayer said, people are rarely ever any better than they are.

When it can be so easy.

"Why do it any other way?"

"We’re close. We’re easy. We’re available."
The place to lose some weight...

BY LAURA CHRISTMAN

Some overweight people have tried several diets and programs without success. They have tried a fasting diet, a liquid diet, exercise, and the Health Center has its own approach to weight loss. It is a group program and is designed for people on a weight-loss program as a group of individual basis.

According to Dr. Evans, coordinator of the weight-loss program at the Health Center, about 8 to 10 people start each program.

Evans said people coming in to the Health Center for the program fill out a four-hour history form. They are doing a six-hour recall of what they ate. He said they have to talk back to what they ate. Who they were eating with, and who they were with when they ate.

The weight-loss program includes behavioral modification techniques. Evans said the emphasis is not on changing what a person can eat, but on changing the behavior.

Many times, eating behavior patterns change in a short time, but they do not change anything else. People often eat what they like, feeling better to do it.

"A lot of people who have come in have said they eat what they want, and the only way to lose weight is to eat what they want. But, even on the people who eat what they want, they are eating less, and they are eating better food, and they are eating right.

Along with behavioral modification, they are also taught good nutrition. Evans said a complete meal must contain both fruits and vegetables, and they are eating right.

The main philosophy is not to cut out, just not eat wrong," she said. "Every year people are losing weight, but they are not losing weight because of it.

The reason that goes behind enjoying a diet and trying to enjoy it is that you don't like what they are doing they don't like it. You also lose something in a person," she said.

WEIGHING THE FACTS—Good nutrition is essential not only in lowering your body in low places, but also in losing weight. (Daily photo by Peggy Hester)

...and the way to gain it all back

BY SCOTT CHAYEN

I think it's really a bell for us. It's a lot of time for the weight of people. We're going to be getting into the exercise/weight loss group, and I think we're going to be doing a lot of things. We're going to be exercising at some point in time.

It's a loss program, and it's going to be different. I think we'll be doing a lot of things. We're going to be working on some really good things for people.

It's really a bell for us. It's a lot of time for the weight of people. We're going to be getting into the exercise/weight loss group, and I think we're going to be doing a lot of things. We're going to be working on some really good things for people.

There are special groups that people can join. People can join groups of two and that kind of thing, and we're going to be doing a lot of things.

You may be surprised to see that people who are going to be doing a lot of things.

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Poly plays good ball, beats Hayward

By JANET KRIETEMEYER
Daily Sports Editor

It was one of those nights when almost everything went right. The Mustangs' basketball team played well together, made few turnovers, committed few fouls and scored points.

In a rematch with Oak Crest Hayward Monday night, the Mustangs beat the Pirates 87-74. Thoughward covered the game it did not win, early in the first half.

Afer last Saturday's Pirae win where Poly dominated at home, Assistant Coach Tom West remarked that a team should not be too complacent. He pointed out that Poly had to play both quarters to win. In the third quarter, Poly held the Mustangs to 11 points apiece.

"It felt like we all came together," said West. "The boys played good defense, and everyone played well together."

The Mustangs shot better than 50% in the second half, while holding the Pirates at 37%.

They scored at a fairly steady clip. There was one hour in the game they did not score. They had more than 20 assists for the first time in the game.

They finished with a 101-84 record. They will challenge Oak Crest Tuesday night at Oak Crest. Poly will win by 11 points at least, but not by 11 points. They're just better tonight.

They will play the first league games the next two weeks. They're just better tonight.

"It's a good win," said Head Coach Bruce Webster. "We really didn't look the way we played. It was an easy win for us. We played well together."

West added, "I'm not sure how many points we scored, but we did. It was a very good win for us."
Preventing the weekend aches

BY JANET

KREIDRHEIMER

Daily Sports Editor

You may be doing yourself
more harm than good by
playing strenuous sports
evenly if you don't say
yourself

Preventing the weekend
aches from head to toe
may be easier than you
realize. Physical therapists
who specialize in treating
athletes say that many
people may be more
afflicted by physical
wear and tear than they
realize. The reason: They
just don't know it!

Most people can do
exercises to prevent or
reduce physical aches
and pains. However, some
people have to take
additional steps to
prevent injuries.

Another way of preventing
injuries is to begin a graduated
exercise schedule. Start
small and gradually increase
the amount of time you
spend swimming or
playing tennis. "You must
learn how to exercise
yourself safely," Collins
said.

Health Center

The Health Center offers a
form of rehabilitation called
"medicinal exercise," which
involves supervised
exercise. It is designed to
help those who have been
injured or have been
suffering from physical
injuries. The program
involves a combination of
aerobic and anaerobic
exercise, which helps to
improve cardiovascular
fitness and increase
muscle strength.

The program is

Wrestlers host Diplomats

The Cal Poly wrestling
team hosts Franklin

The Cal Poly wrestling team
hosts Franklin University in a
match that will be

KODAK III
KINKO'S

KODAK III
KINKO'S

KODAK III
KINKO'S

KODAK III
KINKO'S
**News in brief**

**Death row for Phoenix killers**

**Phoenix, Ariz.** - Two men convicted of first-degree murder Tuesday in the slaying of 10-year-old Pheonix resident and Jewish clown Joseph Neuwirth were sentenced to death by the judge in the trial.

**Jewish settlements approved**

**Jerusalem (AP)** - The government's final approval Tuesday for building 600 new homes in the Jewish settlement of Migron and 150 homes in the settlement of Mitzpeh Adar on the West Bank of the Jordan River.

**FDA wants food colors listed**

**Washington (AP)** - The Food and Drug Administration is asking major food manufacturers to identify all food colors in the products they make and list any product that contains them.

**Prostitute dealers used teenage boys**

**San Francisco (AP)** - Police in San Francisco have broken up a male prostitution ring that operated in bars and clubs frequented by young adults.

**Junk food**

(Continued from page 3) junk food. The Health Center is trying to rectify the situation by offering healthier alternatives.

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