




PRETERM
ABORTION SERVICES
Free Pregnancy Tests
Counseling for Alternatives Individualized Care Non-Profit and Tax Exempt Operated By Women For women
universitr-ceoar medicai biog.


TASTE THE WILD WEST

to.get authentic western styles


Committee formed
to improve health services
$\therefore$ A committee interested in improving health and medical services on campus has been
formed by Student Governent and is investigating possible means of improvement.
The committee members are George Glaros, Dean Jewell, Marc Stec, Cam
Cotelesse, and Robin Brown, and it was frimed
abosut wo weeks
absut two weeks apo after some
students had expressed a desire for more comprehensive facilities on campus.
At the present time the nurse's
station in the Beeghly Physical statior in the Beeghly Physical
Education Center offers a Education Center offers a limited
number of medical services. In number of medical services. In
many cases problems can't be treated and the student is referred to the Frec Clinic, hospitals or individual physicians. Jewell said that one of the complaints of students is that they have to miss an entire day of classes just to get minor medical treatinent.
station are provided by allocations from the Instructional Fee.
Both Cotelesse and Jewell said that improved medical services, such as having a doctor on
campus full ting additional funding This funding would probably have to come from a reallecation of the General Fec.
Because any request for a reallocation of the Gcneral Fee must be accolide by figures the committec wants to present well plauned proposal.
$\Delta$ list of physicians having previously expressed interest in
similar proposel similar proposals has been obtained and Jewell is contacting those listed. The committee is implementation of such program and the services of a phyysicisn interested in practicing full time on campus.
Cotelesse said that a random survicy is being taken on campus.
This poil This poll asks whecther the
student approves of the iden of student approves of the idea of
incteascd services and a reallocation of the General Fee for Tunding them. Cotelesse said that a "ligh percentage" of those polled had reacted favorably. Thic cominittee had originally
hoped to complete the hoped to complete their study
this week. Citing a lack of this weck. Citing a lack of
sufficient manpower and the need sufficient mannower and the need
for a more detailed study they have postponed their deadline. They expect to finish within a couple of weeks.
Cotelesse said that any student with suggestions or who was
willing to work with th willing to work with the
committee should contact the committee should contact
Student Governiment office.
Yambar classifieds fun facts:
Yamber classifieds fun facts:
If the
sion $3,000,00$, or wos. $8,000,000$ tlassifieds over the next 7 wo Hears the Jambar would have
to sell approximately 63,490 to sell, approximately. 6,440 up and get yours soon befry the rush starts.

Meditation helps people cope in stress situations
"One of the main problems affecting many Americans today
is stress. Many people haye is stress. Many people have
troublé maintaining their calmness. Statistics show that 85 percent of business executives can't even enjoy their leisure time." Thus stated Christopher J. Hegarty, an executive from San Francisco and a national and on Transcendental Meditation
and how ir affects changes in and how ir affects changes in everyday people, last Monday
afternoon. fternoon.
When Hegarty first arrived in Compebet Auditorium, he stood
coment at the podium for about a minute. The audience of students and faculty appeared bewiddered and worried. "That," said. Hegarty, "was done to see how many people will cope with an unfamiliar situation. It. was
intended to bring on temporary stress for those people present." "One of the best ways to avoid stress," said Hegarty, "is by engaging in Transcendental Meditation." Hegarty, who has practiced TM for two and a half years and witten articles on the
subject, says he has found value in the practice of it. "It is one of the best ways to cope with tress," he said, "and it has greatly improved my creativity. I can now write articles i one-hírd of the time it took me efore, and Im more alert an ware of things.
"Meditation can be don best in a fairly quict area where you can tune out you surroundings. Sometimes l've even meditated on a plane. It only takes up fifteen or twent minutes of one's day and it work wonders. It can help the whol day go better.
ool for a healthier believes that TM will become more popular in times of increasing frustration. "These are trying times," he said. "Th suicide rate is going way up
particularly for young people. particularly for young people
And the job situation seems to be getting worse instead of better There is a changing valu structure in America. In fact, there have been more changes in the last 50 years than in the las proven fact that ears. And it's has been known to cause illiness As far as illness goes, Hegart maintained that the U.S. spend more money on health care than
any other nation, but the ranks low in nation, but the U.S industrialized heath care among health care is poorer than it was twenty years ago," he said.
$\qquad$ "these changes also serve promote frustration and discontentmert with our carrent way of life. Many Americans: feel that they are being ripped off in .ayery-possible way -an
here is a general communication breakdown. Many people have become suspicious of their fellow man and also of government
intervention. They don't know who to trust anymore.
"But meditation provides us with a powerful antidote to dealing with stress", said Hegarty
"Combined with self.estee Combined with selfestech training, one can really make the
most of his natural resources. Meditation can be really helpful to businessmen and other exxecutives because they usually suffer from too much stress and overwork: Today many businesses
are going through much quicker are going through much quicker
cycles than before, producing more tension and anxiety among workers."
"All people can be fiti into two general types of personalitics,
said Hegarty ""Tp said Hegarty: "Type A personality is one who is usually
excited, impatient, and striving xcited, mpatient, and striving
These type of people are ofter very success-oriented," he said. "Persons in Type B category may be hardworking and successful, but they are more casygoing and passive. They hav carned how to handle their lives better and how to make good use
of their spare time. These people," said Hegarty, "will usually live to an average of 73 or more years, but those people with an A type personality have an average life expectancy of only 59 years. And during their lives, he A people can expect to have more illnesses than the B people."
"The study of human consciousness is one of the most important studies ever made," said Hegarty. "The self-esteen program helps to provide for a better life by examining va facets of the personality
"The self-csteem pro
first step to beginning TM," said first step to beginming TM," said
Hegarty. "This program can find what one's good and bad points are by a series of related questions. The questions can give a clue about your relationships
with yourself and others. By with yourself and others. By
focusing on your good points and focusing on your good points and ones, you will develop a more positive image of yourself. The course seeks to promote higher levels of purposefulness and self-esteem. This is what many people need, in today's often
directionless society. We should directionless society. We should be concerned with the quality of
life and not just the length of it." ife and not just the length of it."
"Once one has boosted his self-esteem, he can then enhance his personality by enrolling in a TM course," said Hegarty, who does not place much value on self-instructed meditation, saying of at.least five hours is necessary for maximum benefit from TM The prices of these courses are usually around $\$ 65$ per course. Although he enjoys TM immensely, Hegarty finds many executives unwilling to try it. (Cont on page?)


It takes the indecision out of the decision to buy contacts.

lenses. This plan
or bifocal lenses lenses. You ve probably also had You owe it to yourself to see how you:
second thoughts about whether like contacts And now Vision Cente you'll like them or not. $\quad$ has contacts. And now Vision Center
That's why Pearle Vision Center now way for you to do that. Without 2. That's why Pearle Vision Center now offers our Love em or Leave 'em'
'lan. Try contacts. Wear them. Live
with them. And then Man. Try contacts. Wear them. Live
with them. And then, within 30 days
co purchase it of purchase, if you decide they're not
for you, weill refund the cost of the Southern Park Mall Boardinan Southern Park Mall, Boardman.-Tel. 758-0887



## More Feedback

Council debates definition of full time status, audit

Is a pun is a pun is a pun is a pu To the editor of The Jambar: fun. You've been in the sun too P.S. This letter took me hree
Mr. Brannon, what's wrong long, son...relax, don't shun a minutes to compose, Eastern with a pun? A pun is fun, you pun. Let it run. It's funt. $\quad$ Standard Time, measured by standard
son-of-agun. Even a badly done
pun, or an old pun, or a pun by a
Hun is full of fun. I know, Bill
used a pun like a gun, but it's still

## Says scholarships are investment

To the editor of The Jambar: $\quad \begin{aligned} & \text { the average non-athlete doesn't } \\ & \text { come close to the mental and }\end{aligned}$ I have read the leters to The physical output required of the Jambar from both Bill DeCola ath and R. Bruce Brannon and have Secondly, as far as the
come to the conclusion that Mr. "inequitability" of the Brannon has a mediocre, if that, scholarship progran, as you pu point. First, let me say something it, is concerned, football is : the about the YSU athlete and the largest and most emphasized purpose of athletic scholarships, college sport today. It lhas
which you and other become big business and in some Which you and other become big business and in some
"suburbanite cupcakes" iscem so cases of more prominent schools disillusioned about: YSU athletes, after thorough recruting who are highly trained and talented human beings-both physically and mentally. They
put a minimum of twenty hours put a minimum of twenty hours
per week towards developing per week towards developing
their talents and also maintain an academic standard that is required for cligibity, many well above that standard. A prime example is the recent nomination of Dave Garden to the Academic. All-American football team which selects varsity regulars from a
field who have a 3.0 average or better. Dave carries an overall 3.8 average. Granted, many YSU students work at least that many
hours and go to hours and go to school also, but other charitable organizations
offer students money for their acadenic abilitices, ,nany without regard to financial need. And you
ask how many others besides ask how many others besides
football players receive footban players receive
scholarships. I don't know all of scholarships. I don't know all of
the answers, but I do know for a fact that half of the members of the swim team are granted scholarships of some sort-at least
two have full rides. wo havc full rides.
As far as women athletes are
concerned, Mr. Amodio states We have just recommended the implementation of scholarships or women in the fulure." So, therc's your cquiability,
Mr. Brannon. Remeember, Mr. Brannon. Remember, ouly 70
out of 160 scholarships out of 160 scholarships are put
into the football program. Think into the football program. Think
about it, Bruce, next tine you get about it, Bruce, next tine you gee into a y
merely your student ID card. On more thing; an old teachier of mine once had a pertinent adage It went, "hever assume anylhing
because it makes an ASS out of $U$ because it makes an ASS out of $U$
and ME." Bill DeCola never spent a night before a football game in a night before a football gance in
a motel room.
$\qquad$
Chuck Wesp
Junior
Business

Council chairperson Jim accept the university's definition. Senary opened Council yesterday Council member Lynn with a report that a Friday Johnson suggested setting Lyp an Jambar story on subcomnittee
fee reconmendations was in error. The Jambar reported Student Government was
reconmended $\$ 79,500$, "only $\$ 6$ reconmended $\$ 79,500$, "only $\$ 6$
less than requested." Senary said less than requested." Senary said
the amount was actually $\$ 6,000$ the amou
less than
In ot was req
ner
busin discussed the eligibility of students running for Council, Tom Jones, Major Events hairperson reported on major cevents, and Bill Brown gave a report on the collective bargaining. session he, two othe
students, and former Council chairperson Ed Sturgeon recently look to Michigan.
Linda Mutosko, elections
committec chairperson, said it committec chairperson, said i was unclear as to whiether some
students who had taken classis a students who had taken classes as
audit fell under the heading of full time students. She originally counted them eligible but Senary advised her they were ineligible under the university's definition that a full time student must take a minimum of 12 credit hours of sis


Bill Brown questioned the decision that audit classes don't count toward full time student
status and said students shouldn't have to choose between being nember of Council or flunking class. ad hoc
matter
.
Major events chairperson Tom Jones talked about the dangers of major events becoming controlled
by a clique. He thought it would by a.clique. He thought it would be better for the chairperson to report to council once a month
zather than having three council members entitled to be on the members
committee.
Bill Bro
Bill Brown said he found the collective bargaining very nstructive. He said one of the irst things, students did as
dministrators in the administrators in the mock
sessions was to negotiate out student participation.
George Glaros reinforced that by noting his experiences on the faculty in the mock bargaining sssion. "We ended up screwing
the students," he said. The ha students," he said. The
faculty said there would be no fee increase when there really would be. Scnary added that administrators were baiting the Brown
Brown commented, "we relationship to the faculty and administration here at YSU."

Liz Strouse reported that the Kilcawley Board reconmended
the general fee be raised in' 77 to the general fee be raised in 777 to
cover the cost of Council advisuor Dave Bertelsen said Council did not have their said Council did not have their
own definition of full time student status in their by-laws own definition of full time renovation of the three cafeterias
student status in their by-laws in Kilcawley as they are waiting
and had litte choice but to for the contract from Columbus.
Raci
(Continued fro
menbers.
Twenty-three of the white
students questioned said they
have more scoial contact with
blacks in college than in high
school wiile only 13 blacks
a dmitted more contact with
whites in college. Onty three
persons from cach group
pronounced their contact was the
same both in high school and
college.
When black students were
asked if they had ever had a
professor at YSU who secmed to
be prejudiced either by some
remark he had made or by some
action judgred by the student to
be discriminatory 75 percent
answered yes that they had

## acism

questioned 7 said that they had
had a teacher whom they thought
Twenty-three of the white students questioned said they blacks in college than in high hool wiule only 13 blacks whites in college. Only three pronounced their contact was the college. asked if lack students were rotiessor at YSU wer had a be prejudiced either by remark he had made or by some be discriminatory 75 percent encountered such a teacher at were prejudiced against blacks in either word or deed in class.
When When asked if they felt that s. Graduates

## (Continued from page 1)

achievement
explained Rand
Students with undergraduate and graduate grade point averages
of at least 3.6 will be considered
athaxs:
for continuing study scholarships. Information and application
requests should be directed to $D r$ Leon Rand, YSU dean of graduate studies and research.




Tuesday, February 24, 1976

## HERE ARE THE CANDIDATES



BEGIN YOUR WEEIKRND
with some
GREAT ENTERTAINMENT!!!

Fri, Feb. 27 during 'happy hours'
SKI SPRING BREAK AT

ransportation, 8 meals
5 days of skiing and less
lodging \& wing and cheese $\$ 130 \begin{aligned} & \text { For more info: stop at our booth in the Kilcawley } \\ & \text { Arcade Feb } 20 \text { from } 10 \text { am-3pm or in our office }\end{aligned}$
party, and morel
"I feel that I can represent A\&S Richard James Lepore I feel that 1 can represent A\&S
on Student Council in a very Industrial Management appropriate manner."

## John Peter Georgiadis

John
A\&S
Barbara Jean Gazdik
Economics
"I would like to bccome active in
student politics by serving on
various committecs.

| Robin Lee Armstrong H\&PE | - |
| :---: | :---: |
|  | students and myself. I feel that |
|  | Student Government is about the only way a student has a say in |
| "I feel 1 could represent thestudent body' in attemtping to | the way the school is run and I |
|  | would like to represent that |
| faculty and administration. |  |
| would also work diligently to | James Frank Sen |
| alleviate our present parking problem-which is absolutely uncalled for." | Accounting |
|  |  |
|  | one year. My endeavors have b |
| Camillo Joseph Cotelesse II * | the escort service, faculy |
| Political Science | valuation, subcommittee |
|  | general fee. I promise to serve |
| feel that I am interested | students to the |
| ugh in the many facts of | , |
| student issues, wants and needs to |  |
| become an involved Council | Mario Lo |
| mem | Public Administration |

POWER. That's the name of the game Tomorrow and Thursday elections will be held so that YoU can whoose those you want to represent you on student council
You say that student council doesn't have much power?
That it doesn't matter who wins? That it doesn't matter if you vote?
you vote?
If you take that attitude, sit back and don't even squeak when you get screwed by people elected by and to serve other groups, not you
The Jambar has listed all the candidates for these positions and Jambar endorsements are signified by a star. (*) Consider all candidates, and vote for who you like, but in any case, vote.

| Denny W. Stoneman | "I am very interested in seeing |
| :---: | :---: |
| History | how S.G. is run and I have plans |

"I feel I can represent
"I feel I can represent
Independents and Greeks alike
very adequately because of
very adequately because of my
ability to relate with all kinds of
people. I believe as a member of
Student Council I will be "I feel that I can possibly do beneficial to the A\&S School and some good for the students of
YSU in general." YSU in general."
BUSINESS ADMINISTRATION Vote for three only

Anthony Emest Jiminez General Administration
"Through genuine interest group organizations, to apply my experience in the areas of my would like to find out mor and opinions with a view to full participation and improvement of
existing systems and practices."

Joseph Edward Grohovsk General Administration $I$ feel I could add to the inpu and strength of Student Council.

Speech team looking for new membership

"We're trying to get the Individual Events which include message across that the program Oratory, Extemporaneous,

is not open only to brainy Impromptu, and Interpretation. students who want to spend their The Speech Team is an lives debating different issues. Dr. Dave Robinson of the Speech Communication and
Theatre Department made this Theatre Department nade this
comment about the YSU Speech Tean's effort to enlist new
members


Robinson feels the team has
"something to offer everyone in terms of clear thinking." He
would like to try and involve would like to try and involve
"tudents from all fields in the "students from.
The YSU Speech Tcam will
Soon participate in competition at.
maiel College and would like
many irrexperienced pcople join then as soon as possible. Robinson would like to promote chough interss
bustoad to Thiel," Robinson says participating on the speech team should be a
"learning experience" and has transmitted this feeling to members of the team. Kelly, Shreck ( J ., $\mathrm{T} \mathrm{\& CC}$ ), who has been
on the team for three years says on the team for three years says
she enjoys being on the speech she enjoys being on the speech
team beciausc "while you learn you have the experience of competition and also the fun of meeting new peorple. The YSU Speech Team now consists of about 17 members who participate in five to
tournaments a year. tournaments run from October through April and are held at various college campuses.
The Speech or Forensic Team is divided into two branches, Debate and Individual Events.



Wed. Feb. 25 Room 216
10:00, 12:00, 2:00
Kilcawley Student Center




