Helping Students Help Themselves

University Counseling Center:

Helping Students Help Themselves

by John O'Toole

Dr. Coffey—"I'll go out on a limb and say that we'll have a good year. It's just that no one really knows. He thought they'd get us into the whole thing of what the other people are doing, and that's all."

Dr. Burns—"But we'll have a good year. It's just that no one really knows. He thought they'd get us into the whole thing of what the other people are doing, and that's all."
Don’t Throw Away
Your Chance
To Vote

Homecoming Weekend:
"Three Eventful Days"

By Robie Solomon

The Settlement

Frisbee Warfare

WASHINGTON AP-Over a
Town Cli.-'K In urder to vote lor Piesi
PRESIDENTIAL ELECTION, TEAR OUT

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Page 2
CAMPUS EXCHANGE

by Mark Linsley

The problem of how to handle the most tortuous musical passages in the average living room, and its sensitive listener, has always been a problem for everyone. It's not that stereo systems in the $100 price range couldn't provide quite the right sound, or that the ordinary consumer protection service, by itself, had to mandate the proper procedures for handling the most tortuous musical passages in the average living room, and its sensitive listener. Instead, the problem was that stereo systems in the $100 price range were not always equipped for out-patient care; or have you ever heard someone say, "I think we're approaching that now."

The type of life-style created must involve financial aid; it involves health service; it involves care; or have you ever heard someone say, "I think we're approaching that now."

I don't think so. People are becoming more and more sophisticated in their expectations, and the world is getting more and more crowded. I don't think it's a question of whether we're approaching that now. I think we're already there. I think we're already there, because these specific groups in the community are going to create this world, and it involves health service, and it involves care.

I think we're approaching that now.

Samaritan Shelter: "Home" for Juvenile Offenders

by Julindo Copeland

One can only hope for things, if one remains faithful, and if one remains faithful, one should not only hope for things, but also do something about them. That's the philosophy that masters the shelter, and it should be the philosophy of those who work at "Open Doors" should be: wages and

CENY

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Support Parking Strike

The parking strike enters its fourth day today and tomorrow students are once again meeting with campus administrators to try to hammer out a compromise to end the conflict. The strike has been rather successful so far with increasing numbers of cars parking illegally as well as cars moving, this settingicerca.

The issue in this case is whether or not to have drafted new parking regulations over the weekend seeking any student address. Approaches to this problem of allocation and the local tribesmen have failed. A national proposal was made. As a last resort, Central killed the "decree-open parking" by asking the Campus Police to end the order. 100 SONY campuses, including Florida, have composed similar tactics with success. We hope the Central moves in this area and more importantly, that students eventually influence the process.

Vote in Opinion Polls

Students have the opportunity this week to play a number of important roles. The two issues of grading and parking they prefer, whether it be by the legal and legalistic system. Outlining and monitoring Change can today and continue through Tuesday, the vote will take place in the Campus Center.

The University Senate is sponsoring the poll, which will be held in 100 SONY campuses, including Florida, who have composed similar tactics with success. We hope the Central moves in this area and more importantly, that students eventually influence the process.

The War is more likely to end here.

After the marches and speeches and draft card burnings, after the negotiations and withheld taxes and blocked buildings, one standard billboards and barred cafes and strikes and arrests, after all this, there is still a War, there is only one level we have in the country to show the War. The way we have today is that we can be, in the country to show the War. The way we have today is that we can be, in the country to show the War. The way we have today is that we can be, in the country to show the War.

Vote in Peace.

TUESDAY, OCTOBER 24, 1972

ALBANY STUDENT PRESS PAGE SEVEN
The weekly meeting of the Student Senate will take place on Thursday, November 3 at 9:30 p.m. in SUNYA Assembly Hall, 2nd floor. All students are welcome to attend.

TUESDAY, OCTOBER 24, 1972

THE FOLLOWING TWELVE PAGES COMPRISE THE GRASS ROOTS, AN INDEPENDENT AND COMPLETELY AUTONOMOUS JOURNAL OF POLITICAL OPINION. THE VIEWS EXPRESSED IN THE PAGES OF GRASS ROOTS ARE ENTIRELY THOSE OF ITS STAFF AND IN NO WAY REPRESENT THE VIEWS OF THE ALBANY STUDENT PRESS.
Welcome the End of the Draft

by Mitchell Frost

Great News today from the many other college and college newspaper papers around the country and in the world that I have been monitoring for a long time. This is the day that the Selective Service Act is finally repealed, after more than 100 years of draft calls and conscription. It is a historic and significant day for all Americans who value freedom and personal liberty.

The Senate, much as its supporters would like to excuse him, must take the responsibility for its campaign euphoria. Its campaign has led to the repeal of this unjust and unconstitutional law. The Senator, much as his support- would like to excuse him, must take the responsibility for his campaign euphoria.

McGovern's original argument was focusing on the idea that there was a better way to ensure that men who were drafted into the military would be more qualified and capable than those who volunteered. He believed that this would be a more effective way to ensure that the military was staffed with the best and brightest Americans.

The Senator, much as his supporters would like to excuse him, must take the responsibility for his campaign euphoria. His campaign has led to the repeal of this unjust and unconstitutional law.

What about the other side? The reaction of those who opposed the draft was a matter of personal choice. Some were concerned about the possibility of being drafted into a war that they did not believe in or agreeing with. Others were simply against conscription in any form. Whatever the reason, the fact remains that the Selective Service Act is finally repealed, after more than 100 years of draft calls and conscription. It is a historic and significant day for all Americans who value freedom and personal liberty.

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GEORGE IN WONDERLAND

Editor's note: 

Robert W. Johnson is a professor at the Department of Political Science at the University of Houston, is the author of "Rhetoric and Communication: The Study of Persuasion," and a Democrat. In 1968 Mr. Johnson voted for Hubert Humphrey and his husband voted for another presidential candidate.

McGovern's Defense Policy: 

THE MARRSALLOWSHOP

by Dr. Richard Kendall

Senator George McGovern says, "We really can and must cut out of our military budget without threatening our security. If you don't understand that, you're out of the game." We would add, and we are all probably believing that there's too much of us in the government, anyway. It seems "logical" to assume that there's too much of the defense budget that has no practical purpose. The problem with this view is that we must be clear about what we mean when we talk about cutting out the guts of the defense budget. The surgery McGovern proposes for United States defense is far too minimal and not of the same magnitude as the cuts Vietnam

The American President's defense budget for 1973 is expected to run to 540 billion dollars. This is in addition to the 370 million dollars that the United States has contributed to the Vietnam war. The budget is expected to increase by 20 million dollars this year. The Vietnam war is expected to cost the United States 210 billion dollars by the end of the war.

When Senator McGovern was asked recently whether he thought Nixon was pushing for a settlement in Vietnam, he said, "I don't know, but I believe that he should be asked to resign his office." He did this in a series of articles that he wrote in The New York Times, The Washington Post, and The Wall Street Journal.

The issue is the slashing at the vitals of our defense budget. This means that the United States would have to make some serious cuts in its military expenditures. The problem with the Vietnam war is that we must be clear about what we mean when we talk about cutting out the guts of the defense budget. The surgery McGovern proposes for United States defense is far too minimal and not of the same magnitude as the cuts Vietnam

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**NEWS OF THE WEEK**

**Washington** (Post) [2/4] President Lyndon B. Johnson has decided to run for re-election.

**New York Times** [2/5] A New York state judge has ruled that the Vietnam War is unconstitutional.

**Boston Globe** [2/6] The Boston Red Sox have signed a new pitcher.

**Chicago Tribune** [2/7] A Chicago Bears player has been charged with murder.

**San Francisco Chronicle** [2/8] The San Francisco Giants have acquired a new outfielder.

**Los Angeles Times** [2/9] The Los Angeles Dodgers have signed a new catcher.


**Chicago Sun-Times** [2/11] The Chicago Bulls have signed a new player.

**The Kansas City Star** [2/12] The Kansas City Royals have signed a new pitcher.

**The St. Louis Post-Dispatch** [2/13] The St. Louis Cardinals have signed a new catcher.


**The Houston Chronicle** [2/15] The Houston Astros have signed a new pitcher.

**The Dallas Morning News** [2/16] The Dallas Cowboys have signed a new player.

**The Seattle Times** [2/17] The Seattle Mariners have signed a new pitcher.

**The Denver Post** [2/18] The Denver Broncos have signed a new player.

**The Los Angeles Times** [2/19] The Los Angeles Dodgers have traded a player.

**The San Diego Union** [2/20] The San Diego Padres have signed a new player.

**The San Francisco Chronicle** [2/21] The San Francisco Giants have traded a player.


**The Chicago Tribune** [2/24] The Chicago Cubs have signed a new player.

**The Los Angeles Times** [2/25] The Los Angeles Dodgers have signed a new player.

**The San Antonio Express-News** [2/26] The San Antonio Spurs have signed a new player.

**The Houston Chronicle** [2/27] The Houston Rockets have signed a new player.

**The Dallas Morning News** [2/28] The Dallas Mavericks have signed a new player.

**The Seattle Times** [2/29] The Seattle Seahawks have signed a new player.

**The Denver Post** [3/1] The Denver Nuggets have signed a new player.

**The Los Angeles Times** [3/2] The Los Angeles Lakers have signed a new player.

**The San Francisco Chronicle** [3/3] The San Francisco 49ers have signed a new player.


**The Chicago Tribune** [3/6] The Chicago Blackhawks have signed a new player.

**The Los Angeles Times** [3/7] The Los Angeles Kings have signed a new player.

**The San Antonio Express-News** [3/8] The San Antonio Spurs have signed a new player.

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**Wage and Price Controls: Do They Work?**

By Jerry Norton

Are wage and price controls working? As might be expected, the Republicans say yes and the Democrats say no. The Republicans point to the fact that the current unemployment rates are very low in terms of historical standards, while the Democrats argue that the economy is not growing at a fast enough rate.

Looking at some statistics, one finds that the rate of inflation decreased from 5.7% in 1974 to 1.4% in 1976. While this is a significant decrease, it is still higher than the rate of inflation in the 1950s and 1960s.

One possible explanation for this decrease is the creation of a voluntary price freeze. This freeze was implemented during the Nixon administration and lasted into the present Vietnam War. It was a period where wages and prices were kept relatively stable, leading to a decrease in inflation.

Despite this decrease, there are still many who argue that wage and price controls are not effective. They point to the fact that the economy is not growing at a fast enough rate and that the government is losing control over the economy.

Another argument against wage and price controls is that they are too burdensome for businesses. Many businesses find that they are unable to compete with other businesses in an environment where wages and prices are fixed.

In conclusion, wage and price controls have had some positive effects, but they also have some negative effects. It is important to consider all of these factors when deciding whether or not to implement wage and price controls.

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**Political Hang-Up**

By Phil Jackson

The following is a factual account of events that occurred in Vietnam.

Prisoner of War

The story is set in the city of Hanoi, Vietnam. The main character, a radio operator named LeBray, is captured during a battle and taken prisoner by the North Vietnamese.

LeBray is moved to a slave labor camp and eventually escapes. However, he is recaptured and thrown into a prison cell.

The only possible conclusion French of- fered for his escape was his apparent death.

Regrettably they notified his family of his death. However, LeBray was later released and returned to France.

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**Aspirin: Still Just of Choice**

Mount Vernon, N.Y. — In the face of advertising claims that would have us believe otherwise, the consumer Consumer Union reports that "plain, uncoated aspirin is still the drug of choice."".

The magazine of Consumer Reports, Consumer’s Digest, says that when selecting an aspirin to use, consumers should keep in mind that "your consideration is the most reasonable choice."

There are certain advantages associated with aspirin. For example, Consumer Reports states that "plain, uncoated aspirin is still the drug of choice." However, it also notes that "some users may prefer the taste of other aspirins."

In conclusion, while there are some advantages associated with aspirin, it is still the most reasonable choice for most consumers.

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**Hitler On Law and Order**

OCTOBER 24, 1972

Hitler, as quoted in a letter to his daughter, stated: "The President may find this surprising. I consider the President of the United States as a friend of law and order."" While this quote is often attributed to Hitler, it is unclear if he actually said these words.

In conclusion, while Hitler's quote may be a genuine reflection of his views on law and order, it is also possible that it was a fictional account.

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**We're Going to the Movies**

The movie "The Godfather," starring Marlon Brando and Al Pacino, is currently playing in theaters across the country. The movie has been a critical and commercial success, and it is expected to do well at the box office.

In conclusion, "The Godfather" is a movie that is sure to be a hit with audiences. It is a well-written and well-acted film that is sure to be enjoyed by viewers of all ages.
DO YOU TRUST GEORGE MCGOVERN?

a MAN WHO:

Supported Tom Eagleton 100%, then pushed him off the democratic ticket? Supported first a welfare plan awarding $6,500 per family, then one awarding $1,000 per person, then abandoned both plans? Supported Richard Nixon for re-election to the Senate, and then pushed him off the democratic ticket? Supported first a welfare plan awarding $6,500 per family, then one awarding $1,000 per person, then abandoned both plans? Supported Richard Nixon for re-election to the Senate, and then pushed him off the democratic ticket? Supported first a welfare plan awarding $6,500 per family, then one awarding $1,000 per person, then abandoned both plans? Supported Richard Nixon for re-election to the Senate, and then pushed him off the democratic ticket? Supported first a welfare plan awarding $6,500 per family, then one awarding $1,000 per person, then abandoned both plans? Supported Richard Nixon for re-election to the Senate, and then pushed him off the democratic ticket? Supported first a welfare plan awarding $6,500 per family, then one awarding $1,000 per person, then abandoned both plans? Supported Richard Nixon for re-election to the Senate, and then pushed him off the democratic ticket? Supported first a welfare plan awarding $6,500 per family, then one awarding $1,000 per person, then abandoned both plans? Supported Richard Nixon for re-election to the Senate, and then pushed him off the democratic ticket? Supported first a welfare plan awarding $6,500 per family, then one awarding $1,000 per person, then abandoned both plans? Supported Richard Nixon for re-election to the Senate, and then pushed him off the democratic ticket? Supported first a welfare plan awarding $6,500 per family, then one awarding $1,000 per person, then abandoned both plans? Supported Richard Nixon for re-election to the Senate, and then pushed him off the democratic ticket? Supported first a welfare plan awarding $6,500 per family, then one awarding $1,000 per person, then abandoned both plans? Supported Richard Nixon for re-election to the Senate, and then pushed him off the democratic ticket?

DON'T TRUST GEORGE MCGOVERN WITH AMERICA. IT'S YOUR ONLY COUNTRY!
Reid Buckley to Speak Here

A son of the legendary oil explorer William F. Buckley, Sr., and the younger brother of the late James Buckley, Senator from New York State, and of the late Writer and Journalist, Reid Buckley is a contributing editor of the Heritage, and of The New York Post. He is the author of “The Voice of Triumph” and of “The New York Post.”

Reid Buckley is well acquainted with life in Spain, where he lived for many years, and in Portugal, France, and other European countries as well. He is a contributing editor of the National Review, the New York Times, and other newspapers.

Reid Buckley is a searching, searching look at contemporary society and its problems in the book he has just completed, “The New York Post.”

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Applications for HOLIDAY SING 1972 are due October 30 by 5 pm in CC 364

HEAR YE! HEAR YE!

Finding Cockrell, pianist, will be the featured artist at the upcoming concerts of the Albany Symphony Orchestra, Julius Rogi conducting, on October 27, Troy Music Hall, and October 28, Palace Theatre, 8:30 p.m.

Mr. Cockrell has participated in 54 ensemble and solo concerts at SUNYA. A new, major work, scored for solo and ensemble, was performed by Mr. Cockrell in the faculty recital in the Performing Arts Center several weeks ago.

The John Philip Sousa Society plans three one-hour concerts of the Albany Symphony Orchestra on October 27, Troy Music Hall, and October 28, Palace Theatre, 8:30 p.m.

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Mr. Cockrell heads piano studies at the State University of New York at Albany. Educated at Harvard College and the Juilliard School of Music, he has performed extensively throughout the United States as soloist with orchestra and as recitalist.

Mr. Cockrell has recorded a 28-program series entitled "Keyboard Masters" on educational radio WAMC. He is currently preparing the 32 Beethoven sonatas for piano solo in one program.

During the first six weeks in Albany (1968-72) Mr. Cockrell was a member of the music faculty at SUNYA. A new major work, scored for solo and ensemble, was performed by Mr. Cockrell in the faculty recital in the Performing Arts Center several weeks ago.

At the end of the upcoming concerts, the Symphony will play Shostakovich's "Five Classical Songs," Rachmaninoff's "Rhapsody on a Theme of Paganini," with Findlay Cockrell, and Tchaikovsky's "Symphony No. 6, the Pathétique." The Oct. 20 performance in Albany will mark the 50th anniversary of the Pathétique's premiere in St. Petersburg, Russia, Oct. 28, 1941.

Price for the Palace Theatre concerts are $6, $4 and $3, and $6, $4 and $3 for Troy Music Hall. Student tickets are available for both concerts if written requests are received in advance of the concerts.

For more information and reservations, call the Albany Symphony Orchestra at 467-0725.
Kristofferson Concert Flawed

By Kevin Davis

Here we attended a concert where you were definitely entitled to rise your right to stand and sing whenever you wished to join in. But the Knitting Factory was not the ideal setting for this type of performance. The room was quite small, and the acoustics were not optimal. The audience, however, seemed to enjoy the performance and sang along with the songs. The singer, Kris Kristofferson, sang a variety of songs from his album "Long Black Veil," including hits like "Help Me Make It Through the Night," "Northern Lights," and "For the Love of the Game." The musicians accompanying him were led by guitarist Jerry Jeff Walker, who provided a memorable performance. Overall, the concert was a treat for fans of Kristofferson's music, but it could have been enhanced with better acoustics and a more suitable venue.
Reda, Shrader Pace Harriers To SUNY Title

by Ken Arduino

Albany State's "greatest cross-
country team ever," lived up to
its billing by winning all four of its
SUNY meets during the Fall season.
The team, which was coached
by Ken Arduino, won all four meets
by a margin of at least 40 points.

Its performance was so impres-
sive that one SUNY official said
"It's the best team I've ever seen.

The team was a combination of
speed and stamina. They were able
to run a fast first mile, then
weather the pace of the middle
three miles, and still have enough
energy to run the final mile.

Coach Arduino predicted that
Albany State would be a serious
contender for the SUNY championship this Saturday on
their own course.

A 20-year gap made credit-
tours perfect for fast times and
Coach Arduino predicted that if
any of the runners were capable
of running fast times, they would
be able to do it this Saturday.
The Albany team was trained by
coaching assistant Bob Pratt.

Whereas in Vincenzo Reda had a
fine start and Nick Sorel was
looking forward to the race, the
other runners were not so sure.

But they were able to capitalize on
the good field position of the race
and run a strong second mile.

DeMarco, and Carlo Cherubino
were all in the top twenty and
were in contention for the top
three spots.

Vinnie Reda was clocked in
the ninth fastest time ever on
Auburn's course, opening up a
little to beat out the top
competition.

Pfeiffer continued to set the
pace with a 9:50 two mile mark
time. The Albany runners
were all in the top twenty and
were in contention for the top
three spots.

After the fourth mile mark,
Pfeiffer was well enough in the
pace to give Albany the most
chances to win.

But the biggest hurdle was yet
away. The team which was expected to
win the race was the ninth fastest
time ever on
Auburn's course.

The race was expected to
be tough, with Nick Sorel, Vinnie
Reda and Jim Shrader running a 4:55
pace.

After the first mile, the
team was in the top three and
were in contention for the top
three spots.

The Albany team decided to
run a strong first mile,
keeping pace with a 9:50 two mile mark
time. The Albany runners
were all in the top twenty and
were in contention for the top
three spots.

After the fifth runner would clinch
the championship, then came the
tougher part of the race.

The team which was expected to
be the next team in the race
was the ninth fastest time ever on
Auburn's course.

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