Don't put off till tomorrow...
How to get started
Page 2

Apartments II
A revised guide to aid you in the search
Page 4

Planning to travel?
Where to sleep cheap
Page 6

Is there something besides dust in your attic?
Page 7
I don't get motivated to my senior project. I have three papers due this week, but I can't seem to get started. "Tomorrow I'm going to do it for sure." Sound familiar? Just getting started is the problem.

There are many individual methods used to get oneself going on a project, but the most effective is fear! The fear of getting an "F" grade or failing in the eyes of peers or even parents can give that needed boost to avoid the procrastination. Failing in school can lead to being cut off financially by the donor. Failure in the eyes of peers can result in the loss of self-confidence.

I am a procrastinator. But after a disastrous quarter I took the pledge. That was to find a way to become a self-starter, get my work completed on time and relax throughout the whole process.

Dr. George Mulder, director of the counseling center says, "Anyone can become a self-starter any time." People procrastinate when they have work to do because "they don't know how to start or they are doing something they really don't want to." There is a basic formula that can be followed for those who need help in becoming a self-starter:

1) Examine the way you spend your time. Time can be your friend or your enemy. It depends on how you use it.
2) Decide which hours of your day are most productive. If you are most alert and energetic in the morning schedule your time accordingly.
3) Control yourself. Insist upon getting the work done. Don't let your concentration slide or wander.
4) Flexibility is important. If your scheduled hours somehow don't work out, be flexible enough to adjust to a new temporary schedule. Your environment affects your productivity. Sitting outside on a cold windy day, with papers being strewn everywhere, can hinder the best worker. Find an environment that will help increase productivity and allow for deeper concentration.

Other factors contribute to your renaissance as a self-starter. The most important one is the real you. The nature of your personality, being orderly and organized in the right approach to getting things done. In one simple term, good habits. But how to...
acquire them?

One way to overcome bed habits is to discipline yourself. This may mean not stopping for a six-pack on the way to the library.

"I am a senior and after four long years I have not learned to discipline myself in achieving my goals," Valerie complained.

Mulder counters "We go through life faced with doing things that are not always pleasant to us, but we learn to force ourselves to do them anyway." Korea is a harsh term but for some of us that is exactly what it takes to meet those deadlines.

The student who doesn't like the assignments falls behind frequently. "Procrastination is the art of keeping up with yesterday," wrote Don Marquis. So if you feel yourself slipping behind, employ the basic formula or an individual method to re-establish a balanced position.

The state of your mental health can also determine your ability to produce quality work. The death of someone close or the loss of a boyfriend will bring depression or anxiety. Extra sleep, taking vitamins and relaxing often will aid you when such negative changes occur.

Dr. Grant Miller, a staff psychiatrist in the health center, says, "Your internal environment is your body. Poor diets and consuming things that are not good for your body (alcohol, cigarettes, etc.) affect your work."

We all know that drinking and smoking Sunday through Thursday is unhealthy but Friday and Saturday are okay. Rii-right! (Who's kidding who?)

If your still having problems, Miller suggests you get some feedback from your friends. Discussing your problem with others may help you recognize the problem allowing for a possible solution.

Some of us are still looking for the answer to getting started, but what about those few who are highly motivated and always seem to get things done? How do they succeed? What is the secret they know that most of us don't?

Jim, 20, a senior here, says "I'm carrying 22 units, I'm relaxed even though I'm carrying a heavy load this quarter. I get things done because I have this burning desire to accomplish a goal I set for myself when I entered college." His goal is to finish college in three years.

Desire is Jim's key to motivation—he set a time limit for himself and is following an organized schedule to allow for success. He knows what kind of plan works best for him and is using that plan to accomplish his goals.

Take some time and figure out exactly what it is you want to achieve. Now, what are the steps you can't avoid if you're going to reach that goal? Why do you want to reach that goal? Think about all the benefits achieving your goal will bring you. If you don't have a plan to get started try the four-point plan mentioned earlier.

That's all there is to being a self-starter? Gee, I can't wait to get going.

Now, where did I put that four-point formula? It was here a minute ago... Ah well, if it turns up, let's not worry about it. In fact, let's have a beer while we sit here and try to figure out where it went.

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You can still roll into Spring with a buy of a lifetime on two of the world's greatest bicycles by RALEIGH

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Copeland's SPORTS

962 Monterey Street
Apartment hunting affects everyone in a different way. It becomes a challenge for the ambitious student, a crisis for the novice and a catastrophe for the unprepared. For a majority of students, it introduces the year's biggest headache.

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| Irish Hill Hamlet | 125  | 225  |      |        |        |        |      |         |      |       |           |      |          |                 |
| 271 Morro    | 170  | 225  |      |        |        |        |      |         |      |       |           |      |          |                 |

Landlord pays electricity

# RESIDENCES WITH CAFETERIA SERVICES

| Islander     | 643-9300 | 2 contract choices | 3 meal plans | total price range 1200-1400 (approx.) |
| Bungalow Glen| 644-4840  | 4 contract choices | 3 meal plans | total price range 1200-1400 (approx.) |
| Tramore      | 644-9800  | 4 contract choices | 3 meal plans | total price range 1200-1400 (approx.) |
| Vallecito    | 643-9300  | 1 contract choice  | 4 meal plans  | total price range 1000-1600 (approx.) |

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(No purchase necessary) Worth at least $200

Get details and register at the...

**Music Factory 544-8944**

Drawing to be held Saturday, May 19th (our Grand opening)
(Corner Johnson Ave.) 1264 Monterey St.

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**Pepe Delgado's**

Mexican Restaurant

delicious Mexican specialties

wine & domestic & imported beers

OPEN 11 A.M. to 9 P.M. Closed Mondays
Cheap Sleep

by KEN KORNELIS

T WAS TWO IN THE MORNING. My eyes were a shade of red from a long day's driving. We'd been watching for a place to sleep for almost an hour. I was looking forward to a hot shower and washing my itching beard that the southerners didn't seem to appreciate too much. Finally we found it—a motel with a vacancy sign still lit, though the proprietor had gone to bed.

A middle-aged sleepy lady answered my knock. She turned the light on, looked at my face, flipped on a light that said 'no-vacancy,' turned the light off, and went back to bed. She wouldn't even let me talk to her! I was amazed. Then I remembered my beard. I didn't want to stay in that lousy motel anyway. The frustrating question is: where's a person going to sleep while on the road?

**SPECIAL**

COLOR ENLARGEMENTS

FROM YOUR COLOR NEGATIVE OR SLIDE

5x7-$5.69  8x10-$1.79

CAL PHOTO

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**The Spindle**

- Sandwiches
- Beer
- Music

778 Higuera
(IN THE NETWORK MALL)

GREEN BROS.

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**Panatela**

Black rolls in a good-looking, durable gabardine fabric. Great color assortment, and Levi's® value is built into every pair.
Most people make investments—savings bonds, stocks, industrial funds. A few students here are finding it profitable to collect antique items as an investment. We are not talking about the usual stamps and coins, but weird items such as Nazi flags, shaving implements, old records, newspapers, presidential signatures and radio tubes.

Kirk Kidwell, a business administration major, started by collecting stamps and old letters. Through a series of purchases, he ran across a letter from Herbert Hoover. Since that time, he has collected an impressive book full of presidential signatures. His priceless items include numerous invitations to White House dinners that range from President Lincoln to Lady Bird Johnson. His autographed picture of Harry S Truman and a first day Project Mercury envelope, signed by John Glenn, is not unique, probably many of those were recorded with the technical process in which they were recorded and are not playable on conventional machines.

Some of his other albums include several old radio soundtracks, early stereo recordings, and a nearly complete classical collection which has been appraised at over $5500.

Chet Zimm, a physical education major, digs old issues of Playboy magazine. This in itself is not unique, probably many people do. But Chet claims to be in it for the money. He's just five issues short of owning a complete collection. His most valuable is Hugh Hefner's first issue, printed in December of 1953. Its market value is in the $300 range. The Playboy collection catches your eye and you are tempted to overlook the old issues of Life and Saturday Evening Post which he also collects.

Chet collects old shaving tools, too. He got into collecting razors when his grandfather opened a drawer in his bathroom which contained 10 or 15 old shaving kits.

"I never throw a razor away, so I took them and started my collection. Now I buy old razors and blades whenever I run across them in antique shops up and down the coast. I also grab up old shaving mugs used to whip up lather from bars of soap, warm water and a brush before cans of pressurized shaving cream were introduced in the early 1930's."

Chet's shaving collection consists of several different blades and shaving devices. He owns a few of King C. Gillette's first replaceable blades, introduced in 1901, and Jacob Wolf's first electric dry shaver built in 1930. Chet says that collecting razors and shaving mugs is becoming very popular lately, and that they are getting harder to find.

One of the most interesting collections around is the one owned by Jeff Monson, a Cinema student. Old records are his groove. "Oh, I have the usual classics—Al Jolson, Frank Sinatra, and others—but I collect old records, and when I say old, I mean way back—George M. Cohan old! Edison records are my preference. I own records manufactured in the late 1890's on cylinders. I also own several one-sided recordings and some of those were recorded with no known matrix—in other words the years. These huge light-bulb sized tubes dominated early radios until they were all but replaced in 1948 by Bell Laboratories' invention, the transistor. John claims to be the only collector of radio tubes in this area.

"I have the first radio sold to the public by the Radio Corporation of America, RCA. It was built in limited quantities in 1919 for experimental use only. Commercial broadcasting didn't start until 1920. Hell, RCA doesn't even have a record of making it. I found it in an old attic in Clovis, and it is definitely the most valuable piece of equipment I own."

Chet Zimm, a physical education major, digs old issues of Playboy magazine. This in itself is not unique, probably many people do. But Chet claims to be in it for the...
**Student Collectors...**

—from previous page

for about a year.

I started collecting these papers when
my grandmother found about ten of them
in an old trunk. She cut the headlines out with
a Razor blade and glued them to a big piece
of cardboard. They were ruined, of course,
butsince then I have gathered severalmore.
Some of my personal favorites are the San
Francisco earthquake. Lindbergh crossing
the Atlantic, and an L.A. Times which con-
tains numerous errors in a rush edition
announcing the assassination of President
Kennedy in 1963.

Dan Cropper, an Industrial engineering
major, collects old war flags. His collection
includes a Japanese commander’s flag, an
old Italian flag, and several American flags
some of which go back to the Civil War.
His most popular flag is a huge Nazi
banner which is signed by all the American
GI’s who captured it during the war. Dan
wrote to most of the men and got a reply from the Los Angeles area.
The man wrote: “We captured that flag over
Nazi Headquarters in Rome, Germany in
1945. We were a P-38 squadron. Would you
like to sell it to me?”

Dan wouldn’t sell. He figures it is worth
hundreds of dollars and that’s pretty good
pay-off, considering he paid 73 cents for It
at the Fresno Salvation Army Store in
1964!

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