My classes are too impersonal.

"I just can't get excited about school."

"I do what is required and nothing more."

Are these the familiar grumbles of bitter students—disenchanted with school and schooling? Perhaps, but these groans of apathy are not unique to the disgruntled student. They are being echoed by an ever-increasing chorus of university faculty.

Contrary to popular student opinion, it seems that professors do have certain human qualities. They have homes, goals, dreams, dogs and egos. Like the student, professors often find disappointment and "burst bubbles" within the reality of our educational system. There is another side to campus apathy.

Let's hear it.

Randal L. Crulkshanks has been at Cal Poly since 1972; teaching political science. As a student, Crulkshanks attended the University of Michigan. Before coming to Cal Poly, he taught at the Universities of Oregon and of New Mexico. Dr. Crulkshanks is also a former U.S. Army Captain. His opinions and impressions of the widening gap between the student and the professor are thought-provoking.

Cruikshanks is one of the few professors I have encountered who seems to be committed to education as an end in itself, and to the university—all that institution in which this process might occur. I am not suggesting that these professors are without fault; they have some extent between students and faculty, and to some extent between students and the administration.

I am quite concerned, especially here at Cal Poly, that there seems to be a mutual disillusionment toward the seeking of knowledge, with both of us learning in the process.

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Learning and Understanding

(Continued from Page One)

students to submit papers to a state-wide undergraduate seminar; not a single student came forward. It is just too demanding, for reasons of interest, time, cost, and energy, for most students to participate in these kind of activities. Unfortunately, it is in these very activities that, I believe, most of the learning process occurs. I have done some experimentation in the classroom in an attempt to overcome these problems. In one class, my students were allowed to design a class under certain constraints. They were allowed to work out the kinds of projects and tests that they wanted and felt to be appropriate. This was an attempt to encourage a mutual student-professor involvement in the subject matter and the method that it would be pursued. I regret to say that in this case and in other cases, I have been let down by the students. In this instance, a student stood up in the last week of the quarter yelling, "Look, we paid our fees, you are paid to teach this course, give us tests, give us grades and let us go on." Now, that to me was one of the most shocking and discouraging experiences that I have ever had. Nowhere have I taught, nor attended as a student, are there as many requirements and exams as there are at Cal Poly. My attempt to accomodate this problem, particularly for the non-major service courses, was to reduce the number of exams to one midterm and one final, thinking that this would relieve some of the pressure and allow students to become more involved in the subject matter. In each case, when asked for a critique of that approach, the students have preferred to be tested more often. I am sympathetic with this preference. If the student is not going to be involved with the subject matter, then the fifth or sixth week of the quarter is pretty late to find out that he is flunking. The problem is, from the professors point of view, it is nice to assume that there is enough interest in the course that students will not wait until the night before an exam before they study the material.

outpost Finally, where does the professor fit into this picture?

CRUIKSHANK As a professor, do not have a fixed volume of knowledge. I would like to think that the students and I can engage in a mutual process of learning. But, if they are not taking it seriously and they would rather check off boxes on a multiple choice exam than give some thought to what it is that I am trying to teach, than I must ask myself if the time and energy that I spend trying to create a meaningful classroom experience is worthwhile. For the professor, this is a great dilemma. The commitment to knowledge, to teaching, to discussion and debate, just does not seem to be shared by many students.

outpost Does the administration do anything to encourage better relationships between you and the student?

CRUIKSHANK I am not sure that the administration does anything to encourage or discourage better student-faculty relationships. It seems to be preoccupied with logics of the university rather than with the quality of the learning experience.

outpost What about the office hours that are required of the professor?

CRUIKSHANK Cal Poly is the only school that I have been associated with, where office hours are mandatory on a daily basis. It is also the only school at which nearly no ones takes advantage of these office hours. I can expect, on the average, one or two students to come by during my office hours, all week.

outpost Why do you think students fail to take advantage of the office hours?

CRUIKSHANK Partly because of the reasons I mentioned earlier: apathy, lack of knowledge, to learning, to meaningful classroom experiences.

outpost Finally, where does the professor fit into this picture?

CRUIKSHANK I, as a professor, do not have a fixed volume of knowledge. I would like to think that the students and I can engage in a mutual process of learning. But, if they are not taking it seriously and they would rather check off boxes on a multiple choice exam than give some thought to what it is that I am trying to teach, than I must ask myself if the time and energy that I spend trying to create a meaningful classroom experience is worthwhile. For the professor, this is a great dilemma. The commitment to knowledge, to teaching, to discussion and debate, just does not seem to be shared by many students.

outpost Could relaxing the administrative structure help to ease the student-faculty alienation?

CRUIKSHANK I would like to see the faculty given more responsibility and flexibility in facilitating the learning process in a way that is most appropriate for the individual student. I would like to see administrative efforts to facilitate interaction with their students, a breakdown of some of the rigid curricular structures that are required courses, what they think is in the best interest of the student. Some departments, and specific courses within departments, depend on enrollments for their very existence. This is because we operate on a program by program basis, where if a course has below a certain number of students, it is simply thrown out. Many students feel that some of the courses they are required to take are only there for administrative reasons.

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by the Bearded Clian

Bureaucratic Boogie

The Marshall Tucker Band performed recently in the Santa Barbara County Bowl. The Tucker Band did a real nice tight 90 minute set full of Southern influenced blues, rock and damn good boogie music. What topped off the day was a beautiful sunny day in the open air bowl.

The Santa Barbara County Bowl is a natural amphitheatre built in a ravine at the base of the Santa Inez foothills. The Bowl is built out of stone masonry and wood. Topped off with trees, shrubs, and lawns, the County Bowl proves to be one of the best concert sites in the state. The design of the bowl provides 4,000 seats with a perfect view no matter where one is seated. Some of the bands that have performed at the bowl include, Loggins & Messina, Jefferson Starship, Crosby & Nash, Roberta Flack, Marshall Tucker, Peter Frampton and Elvin Bishop.

Since Santa Barbara County provides such an array of events, one tends to compare what San Luis Obispo has to offer. From Santa Barbara to San Jose, the only facility large enough to sponsor live music performances is the Cal Poly Gym. But the gymnasium is under control of the Poly bureaucracy. Along with the bureaucracy comes certain restrictions and personal prejudices which hamper successful bookings of top name performers. San Luis Obispo lacks any type of adequate outdoor or indoor facility to provide an array of music performers. What this county needs is a facility suitable for live music performers. What this county needs is a facility suitable for live music performances located as far from the Cal Poly campus as feasibly possible. True, there are hassles that go with any type of music production, but private ventures would probably be the most successful way of bringing rock, jazz, and pop concerts to San Luis Obispo. Tht town even lacks a prominent live music bar one finds in most college towns. Choo has the Melissa Falcon, Davis, the Potpourri and even tiny Mendlino has Toad Hill. These establishments provide some of the nicest low cost high talented acts available in the state.

The David LaFlamme band is a high energy, multi-talented band working out of San Francisco. David LaFlamme is the violin playing originator of "It's A Beautiful Day." The Beautiful Day Band was once at the top of the record industry. Their first three albums went gold and they were instantaneously renowned. David LaFlamme was and still is "It's A Beautiful Day." He wrote most of the material and strengthened the band with his stringing for their smooth violin playing. His new band consists of original bass player Mitchell Holman, a new female vocalist, drummer, and a very fine guitarist player. The Band only lacks their original time which is held by the one-time manager due to a court decision. The David LaFlamme Band is not only good, they are great. Their music is of the past, the present, and the future. Their sets are packed with old tunes from "It's A Beautiful Day" and new songs written by David LaFlamme. The David LaFlamme Band is not to be missed. Exposure is the key to the success of the David LaFlamme Band. Lack of facility in San Luis Obispo denies them a market. Their music is big, and they deserve a market.

The Les Dudek band has just gone on tour with Boz Scaggs and Pooie Gold. Les Dudek was Boz Scaggs's lead guitarist for five years and has recorded with the Allman Brothers Band. Les's new album is excellent and would appeal to appreciates of the Marshall Tucker-Allman Brothers style.

There are countless other low cost bands that would play in San Luis Obispo. Even the big name acts are willing to come. But in order to pull off successful staged productions, there had to be a movement started to get a county bowl or even a privately owned auditorium. The administrators hasty decision to stomp on the Concert Committee cost this town an April 20 performance of Peter Frampton who had confirmed to perform. Fleetwood Mac was only five days away from being confirmed. Johnny Winter was coming through this area this month and could have been booked. Cal Poly has continuously turned its back on the residents of the county by refusing entry to campus concerts with the residents of this town. They have ignored the residents and got their own facility to improve this cultural vacuum called San Luis Obispo.

from the editor

Let's not beat around the bush. Plutonium is the most toxic substance known to man. Its that simple, despite pompomolished arguments to the contrary. "How toxic is it, Johnny?" Plutonium is so toxic that one thirty millionth of an ounce, if inhaled, or swallowed, will cause cancer. One thirty millionth of an ounce isn't much, but that speck of plutonium will remain lethal for 100,000 years.

I hope that by now we would all know that I'm talking about nuclear waste. 100,000 years is a long time to store anything safely. (Understatement) Why all the fuss about the Bicentennial? It's yes. But the profit is what we think that the atomic reactor would be. This because uranium is cheaper than coal or oil. Oh really? The price for uranium in 1973 was about 91 pound. Since then the price has at least quadrupled. Many believe that the going rate will reach 60 a pound by the 1980's.

How long will our uranium reserves last? Estimates range from 1984 to the year 2000. Last November, the New York Times reported that Westinghouse Electric Corporation had informed 20 utility customers that it would no longer provide uranium after 1979. This is 1979.

It's high time for us all to come to the realization that nuclear power is not the way to go. The billions in the federal energy A&D budget have got to be channeled into other sources of energy, like the sun. Proposition 15 is the first step in the right direction. Let's take it.

Eric Duvalt

staff

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Page three

Prize Winning Hamburgers

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When Ray Brown was touring Europe as featured trumpet soloist with the Stan Kenton Orchestra he had Alexander of Germany custom make him a four valve, rotary valve flugel horn. Unique by anybody's standards, with it he reaches extended tones unattainable on a conventional horn. Brown is a noted jazz composer and arranger but his forte is improvisation and the teaching of improvisation. With Kenton, he and Willie Malden supervised all improvisation clinics given by the band. Earlier this year Brown gave improvisation clinics at the National Association of Jazz Educators Convention in Los Angeles. One might add here that Brown has also played and arranged with the Warren Covington and Bill Watrous Orchestras and has four albums to his credit to boot.

What then was Brown doing on the stage of the Performing Arts Center of Allan Hancock College in Santa Maria? There he was, sending long, lilting, melodic lines spiraling to the rafters of that theatre. Lending new vitality and meaning to such standards as Johnny Mandel's "The Shadow of Your Smile," Stevie Wonder's "You are the Sunshine of My Life," and Victor Young's beautiful "Stella by Starlight," Brown was playing with and for the Cuesta College Jazz Ensemble.

Odd? Hardly. To date, jazz greats Art Pepper and John Handy have appeared as guest soloists with the Cuesta Jazz Ensemble and appearances are yet to come by Louis Balfon and Herb Ellis before the group flies to Zurich on July 2. That's what it's all about, of course, the Cuesta Jazz Ensemble has been invited to perform at the 10th Montreux Jazz Festival in Switzerland. The only odd thing about the Hancock engagement was that half the seats were empty. The Cuesta band is used to playing before full houses in their own auditorium and this summer they expect to be playing before as many as 40,000 people at one performance.

A bit thin on top, but with a full black beard through which he smiles endlessly, Warren Balfour, director of the Cuesta Jazz Ensemble, termed the Santa Maria experience a "disaster." Said Balfour, "I would have a great audience for drama in Santa Maria but I guess the audience for jazz isn't down there... yet."

The performance was certainly no disaster musically, but what the Cuesta group is more concerned with at the moment is their financial situation. Balfour estimates that the cost of taking 30 people to Europe for three weeks is in the neighborhood of $30,000. That was the target figure when Cuesta launched "Project Switzerland" five months ago. Happily for those involved the band needs only $6,000 more to reach its goal.
With more than a month remaining before they take to the air, the band should be able to march to the airport with pockets full. Balfour is optimistic, "If things go as they have been going," he said, "I see no reason why we shouldn't make it."

Through the glass could be seen ten pianos. Four students were gathered around one rehearsing a familiar song. On the other side of the glass Warren Balfour sat in his office, part of one of those "old buildings" on Cuesta's "old campus." Pausing frequently to help music students with a variety of questions, Balfour spun the story of the Ensemble's Invitation to Montreaux.

"The Night Band," as the group going to Montreaux is called, had its genesis two summers ago. Only about one third of the group's personnel are college age. The balance is made up of musicians from around the county and includes some fine seasoned jazzman. Pianist Rod Keif, alto saxophonist Bob Bennett, and Marty Wright, tenor sax, all Poly professors, are included in that group. The latter two have worked professionally in their time.

Balfour had been on a fine arts tour of Europe with a high school group in 1972 and they had stopped at the Montreaux festival. That's when he learned that Montreaux always has a day set-aside for U.S. College groups. Last fall Balfour got the word from the director of the Cuesta jazz band that went to Montreaux in the summer of '76. They will actually make the trip. The University of Nevada at Las Vegas along with two jazz groups from "back east" will join the Cuesta crew in Switzerland.

Balfour took a break from his narrative to answer the phone. He talked excitedly for five minutes and then hung up. "That," he said, grinning from ear to ear, "was Herb Ellis. He's coming. Herb Ellis, a well known jazz guitarist had just confirmed that he could conduct a clinic and appear as guest soloist at the Cuesta Jazz Ensemble's Bon Voyage concert on Friday June 26.

Continuing about the Switzerland trip, Balfour said that the band would be in Montreaux for five days. When not performing the ensemble will be taking in clinics, lectures and other performances, all part of the festival. As an added treat the ensemble has been accorded the services of a professional recording studio with 16-track equipment that will record their performance.

The five days in Montreaux constitute but one of many stops the Cuesta Jazz Ensemble will make during its tour of Europe. Their travels will be confined to Switzerland, Austria and Germany where the band will perform in Grindelwald, Innsbruck, Salzburg, Munich, Tothenberg, and Heidelberg. The Cuesta Band has also been invited to perform at the largest bicentennial-Fourth of July celebration outside of the United States. The affair is put together by the American International Club, a group of Americans working in Geneva.

Forty thousand people are expected to show up at this year's bash. The band will return to the good old US of A on July 22.

Those who have yet to see the Cuesta Jazz Ensemble perform still have an opportunity to get into the group's fan club on the ground floor before they become internationally renowned. If you miss the performance with drummer Louis Bellion as featured soloist, don't miss the concert with Herb Ellis on July 26. Do something nice for yourself for a change. To the Cuesta Jazz Ensemble, Bon Voyage!
Jogging: The Sport For Everyone

by Lisa Driller

photos by Cathy Eriksen

Jogging is a sport for the uninvolved. Jogging is an exercise for the ambitious. Jogging is a job for the perfectionist. Jogging is for a large number of Cal Poly students who fit all and none of the above.

Yes, jogging on campus has certainly been a contagious activity. In an average five minute stroll through campus, one is likely to see several odd joggers or perhaps a stampeding class of 60. Poly Canyon is the jogger hangout. A day doesn't pass by that this winding dirt road isn't frequented by joggers.

What do these people see in running till they are red with exhaustion, saturated with sweat and unable to get air? This same question has rolled off the tongues of many joggers, but some of them may know something you don't know that makes the torture worthwhile experience.

There are some the know only how they feel after a Jog; healthier and more alert. The well-read joggers know exactly what is going on with their body and enjoy the experience more because of it.

Frederick B. Roby, Ph. D. and co-author of the book, Jogging for Fitness and Weight Control, defines jogging as the following: "A belief about the manner in which fitness is best preserved or acquired and it is an expression of man's desire to seek freedom of movement through the joy of running."

On a daily basis, most people experience little physical exertion. Time saving machines have replaced the need for physical effort. Although leisure time has increased, a recent survey done by Roby has shown that the most frequent leisure activities such as watching TV, visiting friends and talking on the telephone, do not involve physical exertion. Joggers realize that if they continue to live the average American-low exercise lifestyle, by their mid-thirties they will fall into the accepted mid-thirties physical shape: too overweight to run well, and full of aches and pains stemming from nervous tension and inactivity.

"After a day of tension, jogging gives me time to be by myself and to properly release the built up frustration," said Patti Penn. Some of the major reasons Roby believes jogging to be an advantageous form of physical activity are the following:

1. It is an activity quite natural to man. No particular skill is involved.
2. Jogging readily induces an overload on the organic system of the body, causing them to function at a higher level of efficiency.
3. It is an individual activity which requires no equipment or supervision.
4. One can measure improvement on individual basis through a series of progressive goals.

Here, the recognition of and wide participation in jogging cannot be traced to any single factor. What each participant knows about the physiological effects of jogging is enough to make jogging as much a part of his daily routine as eating and sleeping.

"I don't jog, I run. It's good for the heart and the legs. I always feel good afterwards and sometimes I feel good during my run but it always puts me in a better frame of mind," said Sue Vainman, freshman.

Whichever way you look at it, jogging has made weight loss popular among normal body builds such as the posture, muscles, cardiovascular and respiratory control, and weight in relation to caloric intake are involved in jogging.

Gravity naturally pulls segments of the skeletal bones out of line which causes posture problems. However, there are anti-gravity muscles that work against this natural action to maintain posture and have strength and endurance to produce sound posture. Roby holds that improving your posture in your younger years will likely prevent posture problems in later years.

Jogging actively involves all of these anti-gravity muscles which builds them to a strength and endurance level needed to support the erect carriage. These muscles are in the feet, legs, hips, back and abdominal regions.

Roby bases his theory of jogging on the principle that in order to increase the strength of a muscle, there must be a sufficient overload of work. This overload increases the amount of energy each muscle must use which consequently increases the size of the muscle fibers. The most basic principle behind jogging is cardiovascular and respiration development. The lungs and heart are the two organs that control the ability to take in oxygen so that more energy can be expended over a unit of time. The more developed the lungs are, the less work it would be to...
jog a given distance, and therefore the faster one can go," Roby maintains.

Oxygen intake is usually related to age. It has been shown that a peak is reached between the ages of 18-25. After all, if you have been inactive and allow your lung's laziness, a gradual decline begins. However, if you begin early to develop your lungs, by age 35 you should still be going strong, and maybe even still at your peak.

Roby has discovered the heart rate to be a very important factor as it is increased by jogging at all much as 130-135 beats per minute. The maximum is 180 beats per minute. An increased heart beat makes the entire effort of jogging more pronounced. The higher the heart beat, the harder all of the other body systems must work, thus building up the body at a faster level.

An increased heart beat is not harmful to normal/healthy hearts. However, the maximum heart beat may cause discomfort. There is usually no need to reach that level unless you are training for competitive sports.

Research has shown that obesity is a problem found most often in people less likely to engage in strenuous activity. Jogging as a means of weight loss can be extremely effective if done correctly, but obese people are not likely to show a significant weight loss without restricting their caloric intake as well.

One pound of fat is equal to 4,000 kilocalories. On this basis, to lose a pound of fat, one must play tennis for 9 hours, play volleyball for eleven hours or walk for 21 hours. Therefore, many specialists have discouraged jogging as a method of weight loss.

However, Roby brings out in his book that the loss of fat by physical activity could be extended over a period of months rather than a fraction a pound would be burned off during each exercise session. This method would be slow and strenuous, but it has been shown is the most effective. Participation in a long term jogging program, even without a conscious attempt at dieting, will bring about stability in your body weight. A misconception is that an increase in physical activity always brings about an increase in appetite. Actually, exercise makes the appetite function more precisely with the energy requirement. When the body requires food, you get hungry.

conscious people around the globe have found to be practical and in most cases, enjoyable. Maryheen Vanifer Ed. D.

and editor of Bandara Physioloal Activities books, sums up physical fitness by saying: "physical fitness is more than just a passing fad or a slogan. It is a condition of your body which determines how effectively you can perform your daily work and play and how well you can meet unexpected demands on your strength, physical skills, and your endurance. How fit you are depends entirely on your participation in vigorous physical activity."
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