This is it, your inner voice screams. Your dekstop is now stripped of those familiar and reassuring notes and text. "I'm on my own." The torturing reality of the final examination is upon you. In hand, a sharp number two pencil waits to meet the patient, blank computer answer sheet. You coffee-drenched hand nervously flip through the right pages. That flickering sweet smell of freshly mimeographed pages surrounds you. What happened to all the great plans to keep up with the schoolwork? The final exam had seemed so far off that you fell, asleep, dazzled and a slight nausea tumbled in the stomach builds with each approaching moment. Your mind goes blank and you are suffering from FHIC. Hardly a college student has never felt this sheer terror. It is real. It doesn't happen, as you have escaped this sheer happen. And it lasts a final. If you do not calm yourself down a lot. You do know, provided you best possible job with what you know your stuff. This is an awful moment. Avoiding tumbling In the stomach builds with a nauseating tumble in the terror. It Is real. It doesn't escape this. And It lasts a final. If you do not calm yourself down a lot. You do know, provided you best possible job with what you know your stuff. This is an awful moment. This may spot a mistake or two. Remember that the student who finishes early, may be a final-panic victim who lost the fight.

This will build your confidence. If you are unsure of an answer, don't spend a lot of time second-guessing it. Be confident with your answer. Now to be more specific.

True-false questions test your memory and knowledge. They are very common. If you didn't read the question and answer carefully, you might miss some of the key words. Many students think that a true-false question is easy. They don't think about the question and just choose the first answer that comes to mind. This can be a mistake. Sometimes a true-false question can be very tricky. It is easy to make a mistake. Be careful and read the question carefully.
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by Steven Beybold

Reviewing the past year's events, we can now clearly see the advantage of being the best. SAC has worked diligently in ensuring a positive atmosphere and a relaxed environment for our students.

SAC implemented various changes to improve its operations. The Executive Council of the Student Affairs Committee (SAC) met on May 22 (the music department) to discuss the upcoming concert schedule. SAC has been particularly active in the past year, and especially during Winter Quarter, working closely with the students to solve their problems and concerns.

A group of students led by Song, a local band, have been challenging the brawny glares of the most powerful departments on campus. These students have shown great determination and courage, and their efforts have paid off. The results of the survey conducted by SAC have revealed that the majority of the 302 students who completed the survey desired transparency in student policies and issues.

Excellence in the arts is not so long after all. The Associated Students of Cal Poly, a group of students who work on campus, have made significant improvements in student affairs. They have shown that it is possible to make a difference, even if it means working overtime. SAC has been particularly active in the past year, and especially during Winter Quarter, working closely with students to solve their problems and concerns.

The Student Affairs Executive Council of the Student Affairs Committee (SAC) has been particularly active in the past year, and especially during Winter Quarter, working closely with students to solve their problems and concerns. A group of students led by Song, a local band, have been challenging the brawny glares of the most powerful departments on campus. These students have shown great determination and courage, and their efforts have paid off. The results of the survey conducted by SAC have revealed that the majority of the 302 students who completed the survey desired transparency in student policies and issues.
TM: A Guided Tour Through Mind and Body

by Bonnie Burnett

Motivated, thought originates in the most quiet depths of the mind. An impulse of thought originates in the silent reaches of the mind without our noticing its presence until it develops and becomes aware and distinct," she teaches.

"Pure awareness" is the goal, meaning being aware without being aware of anything except awareness itself. It is achieved by awareness eventually transcending the structures of thought.

Studies have shown that much of a person's thinking activity amounts to mentally repeating the sounds or ideas of various words. Blats the authors of the Introduction TM book, "Sound in thought is an effective way to disengage the mind from the everyday thinking process and turning the attention toward increasingly quiet mental activity."

Thought-sounds used in the TM technique are called mantras. A mantra is defined as "a thought the essence of which is known." Mantras taught for TM consist of the sounds of various words.

Specifically selected for each individual receiving instruction, the mantra remains confidential; its purpose is to cause the process of reducing mental activity during TM. The selection of the correct mantra is thought to be of critical importance. Trained instructors follow a systematic procedure in deciding on mantras. One should not choose his own mantra no matter how right he feels it, nor any word, for the world may have adverse effects. For example, a common mantra, "Om," had been described as having good effects for one person chanting it, but many people reported its adverse effects. Learning how to practice TM consists not only of learning the right mantra but learning how to use it correctly. Confidence in every aspect of this technique is important in personal instruction in the technique is necessary.

Transcendental Meditation cannot be learned secondhand, especially not from books. According to Dr. Harold Koenig, a follower of TM for almost a year, "A teacher has the responsibility to help him to see the vibrations of the TM experience.

It is easy to find a place to learn the TM technique. The Students' International Meditation Society (SIMS) and its four affiliated organisations, the International Meditation Society (IMS), the American Foundation for the Science of Creative Intelligence (AFSCI), the Spiritual Regeneration Movement (SRM), and Maharishi International University (MIU) are established as public services in cities, rural communities, and universities throughout the world.

The main purpose is to make the instruction of TM readily available to all people. Each affiliated organisation has its own basic course, but TM consists not only of the basic courses but also of TM programs. TM is thereafter available to everyone.

Two introductory lectures, the first on the nature of TM and its benefits, and the second outlining the mechanics of the technique, are prerequisites for these programs. These requirements are made of those wishing to learn TM. First, each person must have free time to attend lectures, a one hour personal instruction session, and 10 sessions of 10-15 minutes each.

After those three meetings, TM is practiced independently but checking is recommended at regular intervals. Teachers often do this and it is done without charge at local centers. Checking allows qualified "checkers" to eliminate any difficulties and insure the correct practice of TM.
When someone speaks of the Cal Poly Rodeo Team, the first word that comes to mind is champion. With four world championships in past years to back them up, this year's rodeo team will be headed to Bozeman, Montana for the national finals and hopefully a fifth championship.

The Cal Poly Rodeo Team competes in the NIRA, National Intercollegiate Rodeo Association, which encompasses the United States. The U.S. is broken up into ten regions. Cal Poly competes in the West Coast region containing three states, Nevada, Arizona, and California.

The advisor for the rodeo team is Ken Scotto, a well-seasoned rodeo traveler who takes pride in discussing a very successful rodeo team.

Supporting the Cal Poly team is a very large and active rodeo club, (over 200 members). The people help to put on a rodeo in the facilities ready, prior to, and during the actual rodeo. Scotto says of the club, "The kids in the club are not all rodeo participants, but they all enjoy being involved in the activities, and being around the competition during rodeos."

The rodeo season exists throughout the entire school year, with about ten to twelve rodeos during the season, depending on how many schools compete all year. The same school competes against each other, within the region, with a different school hosting each rodeo. At the end of the year, a team's five best rodeos of the whole season are totaled up, and the number of points from those five rodeos determines who will travel to the finals.

Cal Poly has qualified for the finals every year for the last 30 years. This year Cal Poly just beat out Fresno State in its last rodeo of the season to earn a well-deserved trip to the finals. The top two teams from every region go to the national finals, this year being held in Bozeman, Montana.

Poly's team of six men and three women are chosen prior to each college rodeo by a committee consisting of the rodeo club advisor, rodeo club president, and the respective captains of the men's and women's teams. There are six events for the man to compete in: bull riding, calf roping, bareback riding, team roping, saddle bronc riding, and bulldogging or steer wrestling.

Any man on the team can enter all the events or just one depending on how good he is. According to Scotto, they try to pick a balanced team with each man working at least two events.

Scotto says, "Cal Poly is probably one of the biggest supporters of rodeo in the whole region, as far as the number of people involved in the competition."

Anyone can enter a rodeo as an individual and earn points for themselves to qualify for the national finals. According to Scotto, "If those individuals are good enough to make points, then we try to keep them on the team, because we don't want them taking points away from our own team."

The women's team, work three events; barrel racing, goat tying, and break away roping. All the women's events are timed events. Scotto says, "There weren't as many girls competing this year in rodeo as there usually are, which is one of the reasons the women's team did not qualify for this year's finals."

At Cal Poly the team recruits from within the club. According to Scotto, "It is good to have individuals going down the road so you can see how they do under pressure. Once you get them in the heat of battle you find out which people come through for you in the clutch. Often times a whole rodeo for one school can boil down to one event, or one ride on a bull, and that's where it gets exciting."

Scotto doesn't think a lot of people that go to collegiate rodeo really

"Ride 'Em Poly Rodeo"

A Ten Gallon Hat

by Karl Kohlenburger
appreciate what is going on. Says Booto, "A lot of announers don't keep the audience abreast of the point system. The audience doesn't really know what is happening. We are lucky here at Cal Poly because our announcer is Les Connally who is fantastic. He knows all the point systems and keeps the audience informed on what's going on."

Cal Poly doesn't have a big recruiting program. There aren't any $1000 scholarships to attract anyone. The team attracts people based on their reputation before they get to Poly. Some kids coming right out of high school. According to Booto, "Cal Poly is just a big name in rodeo, and that brings the people here. Along with the atmosphere of San Luis Obispo, what kid wouldn't want to come here?"

Cal Poly has a lot going for it, good weather for practicing, a big arena, and very attractive scholarship from the ABI. The ABI furnishes the rodeo team with a travel budget of approximately $6,000 per year, which covers the cost of motels and meals away from home. Booto says, "The money gets us there, it doesn't really get us home, but it helps."

There is a small scholarship program funded by private donations. Poly usually gives a few individuals $150 per quarter, based on their ability.

The eligibility requirements for a position on the team are as strict as any other collegiate sport would be. A person must be a full-time student, carrying at least twelve units and maintaining a C average or better.

At every rodeo there is an eligibility sheet with everyone's name on it, and where each student stands as far as the number of units in school and what their GPA is. Every time a rodeo is held, these eligibility sheets are updated for all the students involved.

The rodeo is just like any other sport, according to Booto. Each person must be in good physical condition and the participants must know how to handle all of their equipment before they even start riding. Booto says, "You must have your head on straight too, when you get on one of those big bulls, you have to watch out when you hit the ground, or you might eat your lunoh."

Sootto says he really appreciates all the hours that the kids put in on the road. "If you have a rodeo in Tucson, Arizona and leave school Friday afternoon, drive all night and start competing at 6:00 in the morning, that's when it gets tough."

This year, Cal Poly's team has been up and down. Other schools like Fresno have improved and gone tremendously in rodeo, and for the last three years have been out to get Poly. Booto says, "Cal Poly is like the Yankees used to be, people get sick of them winning. The people come to watch Cal Poly and they end up cheering for the underdog."

Quite often, former collegiate rodeo stars go on to the professional rodeo circuit and compete for big money. Several Poly rodeo stars have done just that. According to Booto, "It's not hard to be in professional rodeo, the hard part is placing high in the events and consequentley winning the money, you must be darn good."

Serious injuries, surprisingly are not too frequent. Usually bumps and bruises accompany a cowboy after being tossed head first into the dirt while riding an angry bull. Booto says, "These guys get hurt, but it always seems to be temporary. Every now and then, someone gets Poly. Booto says "I'd say that when those bulls stop on you with 1,000 to 2,000 pounds, it hurts!"

This rodeo business may hurt sometimes but to a dedicated Poly team, a few bumps and bruises are worth another world championship.

photos by Mike Shafer
In the Beginning... Vegetarianism

by Lisa Driller

photo by Cathy Eriksen

In the Beginning, man plucked the fruit from the tree and pulled the vegetables from the earth for sustenance. The coming of the Ice Age and colder climate was the end of man's vegetarian way of life. Being a creature of strong survival instincts, man began to utilize animal pelts to cover his naked body and the dead flesh of the animal for nourishment. He also began making numerous other substitutions in his diet, a practice which man is still pursuing today.

The theory of man's degeneration in the nutritional aspect is given by Jack Dunn Trop, author of the book, "You Don't Have to be Fat." He supports his theory with an official bulletin by the U.S. Government that claims 80 per cent of our diet should be fresh fruits and vegetables and 20 per cent should be a combination of protein, fats, and carbohydrates.

Trop is almost paralleled in his theory by Ian F. Rose, author of the book, "Faith, Love and Sexwork." Rose claims to have raised his son who is now an Australian champion swimmer, without an ounce of meat in his entire life. But before bringing the practice of vegetarianism into his home, he carefully researched the pros and cons of one and vegetables. In the course of his research, Rose discovered that people of the past such as Plato, Aristotle, Leonardo da Vinci, Newton, Darwin, Tolstoi, Voltaire, Benjamin Franklin, and many more had eliminated meat from their diets. Could there be a connection between the sensitive mind of a genius and a non-meat diet? Perhaps we will never know.

However, some of the facts that Rose and Trop came up with are well worth consideration. It appears through various evidences that man did not originally eat meat; he was only forced to do so through previously mentioned circumstances. Physicologists believe that the design of man's intestinal canal (the alimentary canal) is not suited for digesting meat. Meat eating animals contain a canal that measures 3 times the length of their body whereas herbivores contain a canal measuring 13 times the length of their body. Lack of vegetable eating animals falling into the latter category.

Charles Darwin states in his book that early man was frugal and for his teeth are not jagged to enable us to tear flesh or crunch bones.

Some nutritionists believe that if a baby is not fed meat, it will die. Rose disputes this with the idea that a child's immunizing weapons. He also required the use of fire to break down tannins, for our teeth are not jagged to enable us to tear flesh or crunch bones.

Some nutritionists believe that a child's immunizing organs such as the thyroid gland, are not developed adequately for several years and therefore cannot neutralize the toxins that meat hold. He believes that feeding children meat is only existing for future health problems such as constipation, auto-intoxication and various other disorders.

Kerlin King, meat advocate, said: "It's bad to change a lifetime habit of meat eating to abstaining from meat. I think it would be a strain on the body. However, meat is also believed to formulate unwholesome and unhealthy waste products that are dangerous to the colon. This comes about through the over-eating of proteins that are not required by the body and are eliminated mainly through the colon. Therefore it is best to use protein derived through flesh in small amounts.

Seventh Day Adventists, who abstain from eating meat, are shown to have 40 percent fewer heart and blood vessel diseases than meat eaters.

This is also known to be large amounts of cholesterol in animal fats and those on meat diets have stronger hearts due to less cholesterol build up.

Barbara Macfaden, vegetarian for 6 months said, "I thought about cutting out meat a lot before I actually did. Meat is really not that good for you and it's harder on the system to digest. There are a lot of health factors to consider."

In London a life insurance company offers a lower rate on policies to vegetarians. This is a result of research that points to meat in direct correlation to high blood pressure.

If protein derived from animal flesh was so healthy, then it would be expected that the inhabitants of Angmagssalik, an isolated part of East Greenland, would be just radiant with health. These people live exclusively on fish, game and what little plant food from the land and sea that isn't frozen. They eat their meat raw, which is supposed to be meat at its most nutritionally valuable. According to Rose, these people have an average life span of 27 and one-half years. They are healthy until their mid-twenties when all sorts of diseases set in as a result of too much fat in their bodies, taking into consideration also, their rugged way of life.

In an experiment at Yale, Professor Irving Fisher matched the top Yale athletes against a random selection of vegetarians. Through various physical endurance tests, the vegetarians were shown to do much better.

The case histories and experiments go on and on.

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The CALIFORNIA SOCIETY OF POETS is compiling a book of poems. If you have written a poem and would like our selection committee to consider it for publication, send your poem and a self-addressed stamped envelope to:

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But let's take a look at the facts of protein and body requirements. At Stanford University, Dr. Harold L. Rice and Dr. Andrew H. Patlak have developed a measuring stick for measuring daily protein requirements: One protein unit equals a pound of protein. A pound of protein is equal to one calorie. A calorie contains eight amino acids which are measured in proteins. To get a protein, all of the proteins must be in place. The left-over proteins go to make a new protein. Rice and Patlak have established that we need 58 protobas per day.

But the average American diet is far in excess of this. Researchers have agreed that better health would be the result of a one-third reduction of protein intake of the officially considered essential amount. Too much protein can cause certain amino acids that are toxic to interfere with each other's metabolism. However, the scientific evidence in this area is still thin, and it is not clear what needs to be done.

The debate between complete and incomplete proteins. Complete proteins are those which can supply all 20 amino acids necessary for the growth and repair of body tissue. An incomplete protein does not have one or more of these requirements. However, the combination of one incomplete protein can be made up with another protein. Says Lynn Weiman, beef enthusiast, “I don’t get satisfied from just vegetable meat to keep me happy.” This is what vegetarians must consider in planning their diet. Most vegetarians and dairy products are incomplete proteins and vegetables. They need to be shrewd in how to balance the proteins out, a task easily done.

A good example of this balance is to eat dairy products, which are high in amino acids (lysine and isoleucine) with wheat, the grains, which are low in these acids. Proteins are raised as to how many amino acids they contain according to how much we require. Judith S. Stern, in her February 1978 article of Vogue noted: “The most progressive way to get a protein is to develop a measuring stick for getting a good one. Plants that are high in protein are seeds such as nuts, peas, beans and soybeans. Fruits are rich in sugar and water and contain a low source of protein. If you eat one ounce of cheese and three-quarters cup of dry maize, separately, you will get protein equivalent of two ounces steak. Even together cooked there will be at least one increase in protein or as much as a 2 and one-half ounce steak. Ross concludes seem to be an extremely valuable substitute for meat, but the diet claims that in raising his own meat, he has to do is make it easier to digest protein and higher in protein that meat. In many cases, seeds also contain lecithin which helps prevent the fat from becoming solid in our nerves and brain. Ross wrote, “When a child seems seriously exhausted over exams, it is quite possible that one reason is a shortage of lecithin.”

Most lass restauranta are considered to be hippies, looking for a movie stars. But since the meat ban of 1975, many Americans have had to eat meat to exlude meat.

Soon other advantages were perceived in this new diet style. Buying dairy products, grains and vegetables was easier on the budget than buying a porter-house steak. The prospect of being healthier through these measures such as limited cholesterol intake and lower blood pressure was also attractive to many. “Most people don’t even think about the meat they buy in a supermarket,” says Barbara, “if they had to go out and look for meat, they probably wouldn’t eat it. Any meat that I would eat I would kill myself.” A recent discovery that scared spectators from meat was the fattening techniques used on cattle to rush them to the slaughterhouse. Antibiotics and pituitary hormone drugs are used in this process which has been found to control more than 70% of raw meat. Packers and butchers grade this fat abundant meat as ‘high grade’ in order to encourage faster and larger cattle growth. Nutritionists and 10-pound cattle has found a “low grading” due to its harmful contents.

One complete switch is made however, olalma that it has been no trouble at all. But they are not operating on your time or with vegetables. “It is a chance to produce a meat that is actively concerned in our Ills and mortality. The American diet is not only - what are you going to do? A surfboard and is even assigned the blame of all of our Ills and mortality. The American diet is not only about to change but to go green. There is a right way and a wrong way to do everything, and something as important as your health, is considered, there is any question as to which direction you should choose.

Vegans have also to watch the potential for the potential of being healthier and do not have to worry about the potential to depress the potential to increase the potential to increase. There is a right way and a wrong way to do everything, and something as important as your health, is considered, there is any question as to which direction you should choose.
As you make the move to college many things are going through your mind; one of the most important of which is somewhere to call home. That’s where Stenner Glen comes in. We run Stenner Glen for you, the Cal Poly student. To us the people are important.

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