HOW TO AVOID Final Panic!

by Christopher Kirby Jones

cartoon by Bob Fusfield

"This is it," your inner voice screams. Your desk top is now stripped of all your material and you are suffering from final-panicky! Hardly a college student has not felt this sheer terror. It is real. It does happen. And it is avoidable.

You don't have to be a boy scout to know that the final exam is the best defense against final-panic. Know how you should be prepared. Ask for the exam and study a little more often, and tune in to the material and professor.

O.K., right? you say, "That's all great and fine, but what about now! I've no quarter-deck, no textbook. 'I'm on my own.'"

desktop is now stripped of dizziness and a slight exam had seemed so far off that you are suffering from frainty-fretters around the stomach build* with aaoh

While the professor tells you what to do, you find that the professor is a final-panic enroaching, Wall, there you are. Now to be more specific. True-false questions are easy and you know any answer is right. For instance, "Whenever it rains, I have never gone to school..."

True-false questions are easy. The professor tells you how to best handle them. The final exam is presented in the negative sense, mantally restates the statement, drops the "no" or "not," if this new statement is true, the question true and false versa. Are you confused yet?

Matching exercises give many students trouble. Try them like this:
First, find out if each item can only be used once or whether it can be used for more than one answer.
The latter situation will easily eliminate the process of elimination from the matching game. If an item can only be used once, check them off as they are matched. This will save time in reviewing those items still remaining.

If you find an item that you are familiar with but are not sure about its proper match, look at the words roots, prefix, or suffix associations. This method, surf and scavenge works often.

First check the blank, then dash, indicating the number of letters in the proper response? A clue indeed.

If you can't remember the exact word for a blank, write in something close, or at least an explanation, which will not be penalised more for a wrong answer than for no answer at all. No one did of course, and remember to only use one association, check them off as they are matched.

When the true-false statement is true make the statement true. When the true-false statement is false, make the statement false in the answer. The final exam may be reading this article too.

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Putting this face in your future.

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Kick back, relax, and get ready: you are about to learn how to take a guided tour through the inner space of your mind and the outer realm of your body! In other words, a crash course in what Transcendental Meditation is all about.

"Discouraged with school? Feeling stress and tension pulling you apart? TM not only helps a person relax but helps prepare them for creative activity, too. "I can see feeling so run down, it's terrible," says Katie Negler, a junior at Cal Poly who has been practicing TM for three months now. "But TM helps me keep things in perspective. It has given me more energy—a whole new source of it!"

The medical term for excessive wear and tear on the body is stress. According to Dr. Harold Bloomfield, Michael Cain, Dennis Jaffe, and Robert Kory, authors of TM: A Guided Tour Through Mind and Body, "Stress is undermining every aspect of a person's experience."

"The TM program enables a student to gain a deep state of rest, repairing damage caused by the strain of modern life. Maharishi Mahesh Yogi, the Indian teacher who first introduced Transcendental Meditation to the United States in 1965, claims TM improves health, emotional stability, and performance."

In 1970, Dr. Robert Wallace began scientific research into the effects of TM on the mind and the body. He discovered that while a person is practicing TM, their metabolic rate is reduced by 16 per cent in a matter of minutes, in order to lower heart rate is only taken by 12 per cent during eight hours of sleep. TM provides a state of rest deeper than sleep.

The TM program is a specific and unique practice, followed by over half a million Americans today. According to Maharishi, thought originates in the most quiet depths of the mind. "An Impulse of thought originates in silent regions of the mind without our noticing its presence until it develops and becomes clear and distinct," he teaches.

"Pure awareness" is the goal, meaning being wide awake inside without being aware of anything except awareness itself. It is achieved by awareness eventually transcending and dissolving itself altogether.

Studies have shown that much of a person's thinking activity amounts to mentally repeating the sounds of various words. Blaise the authors of the above mentioned 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." Mantra taught for use during TM have no meaning except on the level of vibrations or sound quality. Specifically selected for each individual receiving instruction on TM, the mantra remains confidential; its purpose is to cause the process of reducing mental activity during TM."

"For 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 is, because the word may have adverse effects. For example, the word "Om," which is a popular mantra, "Om," had been described as having good effects for some people, but many people reported its use was anti-social. Learning how to practice TM consists not only of learning the right mantra but learning how to use it properly.

Coherence in every aspect of these fundamentals is important to personal instruction in the technique is necessary. "Transcendental Meditation cannot be learned secondhand, especially not from books," comments Jackie Chollet of San Jose, a following TM for almost a year. "A teacher has the instructions to begin and through the variations 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 in public services in cities, rural communities, and universities throughout the world.

The TM program is a brief Interview with the instructor answering questions and giving tips on how to meditate in different situations. After the next meeting, two meditations later, the instructor offers an understanding of all possible experiences in meditation. The third meeting reviews practical aids and introduces optional advanced programs. TM is thereafter practiced twice daily for 15 minutes interval.

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 assures the correct practice of TM.
When someone speaks of the Cal Poly Rodeo Team, the first word that comes to mind is championship. With four world championships in past years to back them up, this years 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 300 members strong. The people help to put on a rodeo, getting 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 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 past 20 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.

Polly'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 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 woman'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
Cal Poly's rodeo team has been up and down. Other schools like Fresno have improved and gained tremendously in rodeo, and for the last three years have been out to get Poly. Boothe 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 Boothe, "It's not hard to be in professional rodeo, the hard part is placing high in the events and consequently 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. Boothe says, "These guys get hurt, but it always seems to be temporary. Every now and then, someone gets kicked on by a bull and when those bulls step on you with 1,600 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.
In the Beginning...

Vegetarianism

by Lisa Driller

photo by Cathy Eriksen

other disorders. Kerlin King, meat advocates, said, "I think it's bad to change a lifetime habit of meat eating to obtaining from meat. I think it could be a strain on the body.

In the beginning, man plucked the fruit from the trees 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 diet is still a matter of controversy. From the primate way of olden times, man has learned to obtain food for nourishment. The vaga was from the north through the land and sea that he began to utilize animal for nourishment. The animals were not only for food but also for clothing and other substitutes in his diet; a practice which man is still pursuing today.

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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. Patterson have developed a measuring stock for measuring daily protein requirements: One protein unit equals a protein. A protein is equal to one calorie. A calorie contains eight amino acids which are measured in protein. To get a protein, all of the protein must be in place. The left-over protein go to make a new protein. Rice and Patterson have established that we need 68 proteins 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. The special needs to be done.

The debate between complete and incomplete proteins. Complete proteins are those which can supply all of the essential amino acids for the growth and repair of body tissue. An incomplete protein does not have one or more of these requirements. However, the inadequacy of one incomplete protein can be made up with another protein.

Says Lynn Vaiman, beef enthusiast, "I didn't get satisfied from just vegetable meat to keep me happy." This is what vegetarians must consider in planning their diets. Most vegetarians and their diets are incomplete proteins and vegetables. This is a problem of how to balance the proteins out, a task easier said than done. A good example of this balance is to eat dairy products, which are high in amino acids (lysine and isoleucine), with the grains, which are low in these amino acids. Proteins are raised to how many amino acids they contain according to how much we require.

Judith S. Stein, Bio D. writes in her February 1976 article of Vogue a "rule of thumb" to by.

"Meat, fish, eggs, and milk are high in protein because they most closely resemble us. Plants that are high in protein are seeds such as nuts, peas, beans and soybeans. Fruits are high in sugar and water and contain a low source of protein.

If you eat one ounce of cheese and three-quarters cup of dry unsoaked soybeans, separately, you will get protein equivalent of a two ounce steak. Eaten together cooked there will be a 8% per cent increase in protein or as much as a 3 and one-half ounce steak.

Rice considers seeds to be an extremely valuable stock which will feed our diets. He claims that in raising his cows, which are high in protein, needs easier to digest and higher in protein that meat. In many cases, seeds also contain lecithin which help to transport the important lipids in our nerves and brain. Rice wrote, "When a child seems nervously exhausted over exams, it is quite possible that one reason is a shortage of lecithin."

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One aspect of vegetarianism that is often overlooked is the political aspect. There is a possibility that the land can be utilized to support more people per acre of land. One acre can produce 180 pounds of potatoes, 2,000-2,600 pounds of grain, and is a saturated vegetable protein called analogues. Compared to meat, it is 18 per cent as rich in protein and calories. Production of this source of protein has grown from zero in 1960 to 196 million pounds in 1971 and is estimated to rise to 12 billion pounds in the year 2000.

Meatless restaurants are also popping up around the country and dormitories in college are offering more vegetarian meals in their dining halls. "I live in a house recently where the way the people treat meat grossed me out," said Wendy Boyd whose parents have eaten meat for years. "They would just leave it out on the counters for days and the blood would get all over everything. The smell of rotting meat and the sight of it made me lose my taste for it," she said.

However, there are some problems to be considered as a vegetarian. If you live in a family that eats meat, you run the risk of being a nuisance to the cooking routine. Don't be surprised if you end up cooking your own meat and you can separate them separately too. This can be done on a full time basis especially if you are a full time student. However, claims that it has been no trouble at all to raise beef. Elisa Hanyan who has raised beef in the past and plans to raise meat in the future maintains that, "After you've braved a moat of time, cattle raisers are not allowed to give the beef these hormones to allow for it to wear off. Beef also contains a high percent of imports which bring a lot of waste for a high profit economy." However she says, on the lighter side, "I have had more meat in order to keep meat fresh, vegetables, some of my best eating food."

Due to the rising popularity of vegetarianism, research has come up with a product that seems as exactly like meat, but has no saturated fats and is a texturized vegetable protein called analogues. Compared to meat, it is 18 per cent as rich in protein and calories. Used for human consumption, rather than leading it to the best, families in the future are controlled, as is pointed out in the second issue of Christian Century Magazine.

There is an organization that is actively concerned in this area called Vegan Paper, in his article in the Christian Century. They call themselves, "Vegan Activist. Collectives. Vegetarian From the Anti-War Counterculture and the Urban Movement."

Their goal is to establish a "militia style of vegetarian socialism."

They wish to make America meatless, not the exception and make this the path of solving the earth food problems.

Now what. Now that you know some of the facts, are you going to ban meat from your diet or continue eating meat while wondering with every bite what you may be doing to your body? Dr. Mark Hegsted of Harvard School of Public Health, recently answered, "It's hard to pick a Leader or a control group and assign the blame of all of our life and mortality. The advantage is not high in beef, it's high in saturated fat and cholesterol."

It is important for us to decrease our beef consumption and replace these calories with calories from vegetables which would have none of the saturated fats and increase the vegetable proteins.

There is a right way and a wrong way to do everything. Eating meat with something as important as your health, it is considered, is there any question as to which direction you should choose.

supertop
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.

Stenner Glen offers you a well rounded home life. Start with facilities including a swimming pool, basketball/volleyball court, dry heat saunas, color T.V., lounges, community kitchen, study rooms, academic building, library, student-run coffee house and a craft center featuring photography, pottery, leather crafts, batik and much more.

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