What the health is going on?
You can pay Doc now—or you can pay him later

How are you feeling? Chances are you're feeling pretty good. And you should at your age. But how will you feel 10 years from now?

Right now—if you are young and healthy—you should take a close medical look at yourself. This may help when you're not so young and not so healthy.

Think of it as prevention. If an illness is coming on, you don't know about it before it's here.

Find a doctor and start looking into your health.

You may want a complete physical exam to start your adult life or you may have just a few things checked over. Some doctors recommend a glaucoma test.

Author Elena Marie Kester—Mustang Daily associate editor—has been working closely with Jeanette Reese, health educator at Cal Poly Health Center,

in conjunction with today's "Will Day" activities.

Don't use the need for a complete physical. But there are certain things you should be aware of for your future health.

Blood pressure measures the pressure exerted on the arteries by the flow of blood. Hypertension, consistent high blood pressure, can seriously damage many body organs.

Breast can and should be examined closely with Jeanette Reese, health educator at the Cal Poly Health Center, muscle and thereby encourage, emergency care and not prevention.

Breast cancer is nearly curable. Yet, hundreds of women die every year because they don't have check-ups. Therefore, be aware of your breasts. This examination should be done monthly. Although breast cancer is not prevalent among college age women, it is important to learn how to examine your breast so changes will be noticed.

Sexually active students should be wary of venereal disease. If you think you might have been exposed toVD, be sure immediately to the health center.

Sexual problems can be tested for if your test is positive. Be sure to inform all sexual contacts of your test.

Some doctors recommend a glaucoma exam annually. Glaucoma is an eye ailment, caused by pressure in a certain chamber in the eyeball. A test for glaucoma can be given by any medical doctor, but it is usually given through an eye specialist.

A blood test every five years for cholesterol and triglycerides—blood fats—might be worth your while. From what we think is known about heart disease, a high level of blood fats may have a harmful effect. This is also assuming that all doctors do not agree, even in our own Cal Poly Health Center. If your blood fats are high, it wouldn't hurt to read up on the debater.

Generally a dental exam is advised for every six months. Further exams are needed by your family history. If fillings run in your family, a good dentist should be added to your check up list. Check exams are optional according to your doctor's advice. Your family history may show a high risk in a certain area.

As a result of a lack of prevention, like this check up list, young people tend to misuse health care facilities. They don't seek preventive care from a physician and emergency care.

Part of the fault lies with insurance companies. They reimburse and thereby encourage, emergency care and not prevention.

Inexpensive prevention methods are available at county hospitals, the county health department and community health care facilities such as our Health Center. These agencies have programs on hypertension, heart disease, family planning, venereal disease, diabetes and a variety of other areas.

Do you want to decide what to do with the blood you wash your teeth with? Don't be afraid to shop around for the best health care.

Choose a private doctor to take care of your lesser illnesses so you won't have to run to the emergency room.

Choose a doctor active in a good hospital. Most hospitals have peer review, generally reliable in assessing a doctor's competency. Look into the training and experience of your doctor. The Medical Society keeps files on doctors and welcomes questions or complaints. It is your right to use the Medical Society. It is also your right to offer compliments, comments or complaints about your doctor to the Medical Society.

Don't be afraid to shop for the personal qualities of your doctor as well as his competency. If you want a doctor who is quick, or gentle, or thorough in his examinations, you should get that kind of doctor. Besides manner is important in being comfortable with a doctor. These qualities can be learned from friends' advice or from a consultation appointment.

Geographical convenience is another thing to consider in choosing a doctor, along with your transportation ability. If you drive miles away in okay if you have a private end care physician close by.

Consider your doctor's future. If you are settling into a new area and plan to stay for awhile, don't pick a doctor ready to retire.

Stick with the doctor you choose. Switching can be expensive, but more importantly, the same doctor can be more aware of your particular problems and may be able to diagnose an illness earlier than you may be able to at a later time.

All this checking may sound like a big-buck, but it is a more positive attitude toward health. If you take on this attitude, good health becomes a habit as well as a responsibility.

Although I think it is probably normal, your blood pressure, can seriously damage many body organs. Preventive steps can be taken if the increase is abnormal.

Pap smears for women can diagnose cancer of the cervix. If caught in time, nearly 100 per cent curable. Yet, hundreds of women die every year because they don't have check-ups.

Preventive steps can be taken if the increase is abnormal.

Author Elena Marie Kester—Mustang Daily associate editor—has been working closely with Jeanette Reese, health educator at the Cal Poly Health Center.

The current publication of Western Institute of Transportation Engineers, reports that the national fatality rate since the initiation of the Highway Safety Act of 1966, has been decreasing as a linear rate. However, the fatality rates for 1974-1975 are below this linear projection from 15 per cent to eight per cent per respective year. This is also assuming that the seven year trend line from 1967-1975 would re-main linear when in actuality it is probably tend to level off to a constant rate. This indicates that the 1976 fatality rate is at least 8 per cent below the previous projected levels. However, Bob Patrono does not rate who he is called "experts" or the basis for any of his statements.

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Design for fruit dehydrator brings Poly into the solar age

By LAURA CHRISTMAN
Daily Staff Writer

The design phase of an experimental solar dehydrator has been completed by a team at Cal Poly faculty and student members and some alumni.

Professor Edgar J. Carnegie, manager of the solar project and an operations engineering lecturer, said that the Cal Poly team is waiting for the go-ahead from the Energy Research and Development Administration (ERDA) for the construction phase of the project.

Carnegie said Cal Poly's solar grant is to design a solar dehydrator. The team is now further developing the use of solar energy.

The dehydrator will be one of the largest solar sites in the world, Carnegie said.

"With this system the dehydrator will be capable of drying fruit 24 hours a day," Carnegie said. "As we work, the design of the dehydrator, Carnegie said that ERDA is negotiating with ERDA for the construction phase. Carnegie has made several trips to Washington D.C. to report to ERDA on the project. "We are not sure it will be built, but if we get a yes answer we will be ready to begin Phase II right away," Carnegie said.

Phase II is construction of the dehydrator for Lamuni and a plant, a firm in Kenya. Carnegie said during this phase Cal Poly would build the project. He said they would make purchase orders and subcontract jobs.

"Most of the work could be done from Cal Poly and we would probably have a general contractor join the project," Carnegie said.

Amin claims plot had foreign paratroopers

KAMPALA, Uganda (AP)—President Idi Amin claimed to Monday Night Special
February and March
Beef Ribs only $3.95

dinner including:


Oak Wood Barbecue
Monday Night Special
February and March

5:30-7:00 7 days a week

Applications now available for spring
Well Day to celebrate your health

Visitors will be encouraged to operate the equipment and participate in giving a physical to a volunteer under the supervision of a staff member. A series of films will show continuously all day in the Conference room downstairs, "The Incredible Machine," a nationally acclaimed film donated by Cuesta College.

Another new display this year involves how physical examinations are done and explanation of the equipment and instruments used.

Bikes as health hazards

Bicycle accidents are a re-occurring Cal Poly Health problem, according to Dr. Thomas Collins of the Health Center. "We see about 20 bike injuries a month," Collins said. "That's way too much."

Stories by
Elena-Marie Koster

Halloween falls toward the end of Oct., but don't get too confused, explaination, brews and other witchy types of cures will be part of the Health Center's Well Day.

Actually, the project is an experiment with old folk remedies to see how well they really worked. The study is being conducted through the wart booth during Well Day.

Ken Fouts, a physical therapist for the Health Center, is organizing the booth. "The experiment is part of a whole booth that informs the students about medicinal plants will also be available to considerate as a Healthy Day (Daily photo by Joy Bagg)

Look at warts planned too

Lab technician Ken Fouts, right, examines a wart for Pat Logan with a modern device, but traditional folk remedies are also available.

They make the Health Center tick

Somewhere in your trip to the reception desk to Triage and back out into the campus proper, you must come in contact with one of the things that makes the Health Center what it is— the staff.

These people that deal with you and your health divide into subunits that work together to run the Health Center. Out of the 59 sufferers, 10 are physicians. Dr. Billy Mounta is medical director of the Health Center. He came to Cal Poly in 1966, six years after receiving his doctorate from Georgetown University in Washington, D.C. His direct assistants are Dr. Wayne Ball, associate medical director and also chief of staff. Ball is one of two doctors on staff that are among the staff that are diplomats with the American Board of Family Practice. Dr. Lloyd Hall is our other diplomate.

An additional degree a doctor can earn is the Master's of Public Health. Both Dr. Thomas Collins and Dr. Eugene Maddern hold these degrees. Dr. Graci Miller is a board-certified psychiatrist. Dr. Burt Cookham and Dr. Dave Raison are certified by the board of internists.

The nursing staff is made of 15 registered nurses. Louanne Corey is in charge of this staff as supervising nurse. After following instruction in specified areas of nursing, nine of the Health Center's nurses have become nurse practitioners. This type of nursing care is a further analysis of a patient's health problem and recommended treatment with a physician. The nurses project that teaching and counseling in six units operates in California, Los Angeles, Phoenix, and other universities. Three students from UCLA studied at the Health Center. In that program, none of the students was trained in counseling or therapy. When your turn arrives at the clinic or Triage they are, in all probability one of the nurses.

On a per-consultation basis, the Health Center employs three licensed acupuncturists as well as a pharmacist. For those who are too lazy to work out of the kitchen for the Chinese New Year. Viola Hughes supervises the clinical staff. The reception desk and the handle of the hammer is a friend to the patient. The reception desk is not difficult to handle the hammer.

DAILY STAFF WRITER
Lucy Van Wagenen

February 24, 1977

Thursday, Feb. 24
9:00-4:00

Students, Staff and Faculty Invited

Booths — Displays — Information

Physical Fitness
Nutrition
Health, Mental Health
Oral Health
Werta
Rape and its Prevention
Environmental Factors Affecting Health,
Drug Sensitivities and Incompatibilities
"Lucy's "Doctor is In" Booth
and more!

Quality shoe repair
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RECYCLE YOUR OLD SHOES
Whys and wherefores of the Health Center

by ELENA-MARIE KOSTER
Daily Associate Editor

The Health Center is a large operation. Several aspects of it worry much the students. One former Cal Poly student has been dealing with the inside of the Health Center for five years now. As the Health Services Assistance administrator, David Graham knows the Health Center as well as anyone. He graduated from Cal Poly as a political science major in 1971 and was hired by the Health Center.

Graham shared some of his inside knowledge to explain one of the inner workings of the Health Center.

WUSTEN DAILY: Why is there a Health Center? Is it a user requirement?

Graham: Yes it is. It's mandated by the state legislature that all campuses provide a certain level of medical services to the state university and college students.

WUSTEN DAILY: You said a certain level. Are we just at that level? For us to show that level?

Graham: Determined by that level that basic services which include physician and nursing services. x-ray clinics, minor laboratory services and all other universities and college provide these services. Here at Cal Poly we go beyond that. We have and have had for many years our own plans. We open 24 hours a day, seven days a week for emergency services. We have an in-patient infirmary. And we do have health service personnel from all over the nation. I come in contact with a lot of health service professionals from across the country. A lot of them are aware of the Health Center here at Cal Poly and look toward Cal Poly as a model of the way they would like to operate.

WUSTEN DAILY: What is the major seminar held in the Health Center yearly?

Graham: We have a health service management seminar. It was originally set up because the directors of health services at various campuses are usually physicians who are promoted into these directorships because they are good physicians. But in physician training you get very little management training. And now, when they become a director, they're in a supervisory management area. This program—a week-long seminar—was established to give those physicians who are taking into management area a background in management and administrative skills.

WUSTEN DAILY: Will we have the fourth annual seminar held this spring?

Graham: We are planning to hold this seminar. In fact, two years ago we had the seminar. The seminar was sponsored by the Chinese university in Hong Kong, which was kind of exciting.

MD: How much of the student population on campus actually utilizes the Health Center?

Graham: It's hard to determine the exact number who come into the Health Center. We do have 60,000 student patients visits per year. Approximately. How many of those are repeat? We don't keep those statistics. It's widely used. About 50 percent of the students are enrolled in the health care plan. So that gives you kind of an idea on utilization.

MD: With a health card, which is how much?

Graham: Last fall it was $40 for the academic year or if purchased on a quarterly basis, $17 per quarter.

MD: What sort of services are given to these students above and beyond?

Graham: Well, as mentioned earlier, basics are mandated by state legislature and the chancellor's office in Los Angeles. All state university and college campuses provide these in one way or another with varying hours. Anything beyond those basics services mandated must be supported on a well supporting basis. And the way we do that here at Cal Poly is through the optional health fee. That supports the 24-hour emergency service (where a nurse is on duty and physicians on call after 5 p.m. on weekends). It supports our 20-bed patient infirmary. It supports our pharmacy and pharmacist. It supports our La-Femme clinic. It supports our oral health program. It supports our health education program.

MD: The students who pay the optional fee receive all of these services at no further charge except at the pharmacy and at the pharmacy they would get a discount on their prescription. The students who do not pay this optional fee can still receive this service. They're not shut out of it. But they must pay out a fee for service basis. An example would be students

(Continued on page 8)
More than just a cycle race

The High Mountain Enduro:
An annual high mountain enduro race put on by the Los Padres National Forest on and around the 27th annual High Mountain Enduro motorcycle race put on by Cal Poly Penguins. The enduro, held last weekend, was a race to see a rider's skills handling terrain never seen before. The terrain varied from dirt roads to steep rocky trails. Riders were required to maintain average speeds and were penalized two points for every minute over or under the scheduled time. The length of the course, the drier conditions and high speed averages accounted for only 40 finishers out of the field of approximately 250 starters.

The overall winner was an ex-headlight man from Santa Clara. Although some riders lost hundreds of points, Tom lost only two in the entire five hour race. He received a trophy and $800.00 worth of motorcycle accessories.

Penguin president Mark Schroeder commented, "Except for the usual complaints about the scoring, the enduro went very well. The High Mountain Enduro was one of the top motorcycle races in California. While the Penguins had a couple of bad years, but the members claim that it is regaining its popularity."

The Men's Rodeo Team Far in Front

The men's rodeo team dominated the regional championship, holding a substantial lead in the east. The University of Arizona and the University of New Mexico finished in second and third, respectively. The team was led by University of Arizona College of Agriculture, Ariz.

The fourth place finish of the Cal Poly men's team at Brawley will tend to narrow the lead. University of Arizona and the University of New Mexico finished in second and third, respectively. The team was led by University of Arizona College of Agriculture, Ariz.

The Mustangs again sparked victory in the fourth inning on a triple by Beyers and a single by Pearson. With the score at 6-0, Los Angeles State took its lead back. The Mustangs scored two more runs in the fifth inning, making the score 8-0. Cal Poly started the scoring in the second inning when Tom Beyers singled, followed by a walk by Bakersfield's Tam. The Mustangs scored two more runs in the fifth inning, making the score 8-0.

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The ol' recruiting trail

by Scott Craven

Hand Ball Football Club, for Harper. "Our
of college, especially

The scholarships are generated from three sources; community support, the Cal
Poly Foundation which assists in housing and meals, and indirectly through the
Associated Student's, due

offensive lineman that will be playing here next year are Martin
Ponce, Tom Gilman and

recruiting is not big compared to other institutions
in today's recruiting budgets. Places like Long
beach or Fresno, which receive

m.k u recruiting" said Harper. "Most of the
recruits come from California, and it is a

under the table

The money from the

budget

Private high

program, no question. But

Harper. "For the upcoming

quarterback Craig Johnston.

The Mustangs also picked

out other

Another standout is Rob

after 7 pm

Pickles, Onions, Lettuce, Sauce,

$295

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1/4 Lb. of SLOCO 100% Beef,

Pickles, Onions, Lettuce, Sauce,

& a Giant Sesame Seed Bun

Reg 89¢ ONLY 69¢

ARCTIC CIRCLE

California & Monterey

Do you want to put your income earning potential to work upon graduation?

The San Luis Obispo General Agency of The Guardian Life Insurance Company of America will be holding interviews for persons who desire a career in the business-community.

Advertisements are being held at Cal Poly's Placement Office, Administration Building 213, on Tuesday, March 1, 1977.
Health Center chief speaks on health

At the Peace Corps summer jobs
The Cal Poly Peace Corps office has received a preliminary list of Peace Corps job opportunities expected to open this summer. Students who expect to graduate in June are invited to contact Owen Gowanberry, campus Peace Corps representative, for details.

A complete set of detailed job descriptions for Peace Corps programs to begin this summer is expected to arrive by March 7.

Assemblywoman on KCPR
Agriculture Management 400 will present a talk show on KCPR radio, Monday night at 7:00. Carol Hallin, newly elected state assemblywoman, will be the special guest.

(Continued from page 5)

who was hospitalized in our infirmary and if he or she has a health card there is no additional charge. For the student without the health card there is a charge of $45 per day for hospitalization. So these are the types of services that are available.

MD: You have a student committee that interacts with the Health Center administration. How do they fit in?

GRAHAM: We have a student health council. That is a university wide standing committee. Two members of the council are appointed by Pres. Kennedy. We meet once a month. The majority of the members are students, one from each of the school councils.

There's one from KCPR, one from Mustang Daily, a member from the athletic board. There is a member from the social services and academic senate, a member from the foundation and Dean (Everett) Chandler, who's dean of students. It's charged by Pres. Kennedy to review policy and make suggestions for policies and programs. One suggestion that came from them was some type of dental oral health program. We have now a very active dental health program. The council is designed to be a communication device between us here at the Health Center and the student body at large.

MD: What are the students' reaction to the Health Center, as far as you can judge?

GRAHAM: Well, we have had a suggestion box in our waiting room. It's not used very often. There's always problems. Some students have to wait too long as are physicians, of course. But overall I think it's been very favorable. We've done surveys of students coming through here. I think Michael Loney, who is a health educator, did a survey once and it came out, as he termed it, "horribly positive."

What we were looking for in that survey were areas where we need to improve and also some constructive suggestions by the students. Our program is determined by the needs of the students. We feel we have to shape our program continually, trying to find out not only what their needs are but programs to be instituted to meet these needs.

MD: What about the educational needs of the students?

GRAHAM: More and more, our program is being geared toward health education and the preventive aspect of medicine. Medicine is becoming so costly now that the only way to hold down costs is to prevent problems from starting.

We're an educational institution and we feel that we have to be part of the total education. I think this is being reflected in the fact that our programs that have been institutionalized in the last couple two or three years really have been health education preventive medicine oriented. The oral health program is strictly a preventive medicine program. The nutritional counseling is a preventive medicine program. Our Well Dey is geared strictly to the programs and the things available here at Cal Poly Health Center that deal with health education and preventive medicine. Teaching students how to stay well is a growing feeling across the country, I think.

MD: Isn't the basic setup of the Health Center an experiment in socialized medicine?

GRAHAM: I think you'd have to define socialized medicine. We're close to a HMO—Health Maintenance Organization—which is where you would make payment and due for more you would receive all of your medical needs.

We can't supply all of the medical needs of everyone, but I believe we should do that for the students. I don't feel that the health services are so next in socialized medicine that you don't really have nationally health programs that come out of Washington. Even here we will offer a lunch to students; we're sure it would be impossible to come out of Washington and have those services there. We're an educational institution and we feel that we should be offering education to students about their health.