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—when you are young and healthy—now should be a time to 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 probably don’t know about it before it is 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 don’t see the need for a complete physical every year because they don’t have check-ups.

Author Elena-Marie Kester—Mustang Daily associate editor—has been working closely with Jeanette Rease, health educator at the Cal Poly Health Center, in conjunction with today’s “Well Day” activities.

Don’t see 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. Begin keeping an eye on it now. Although it is probably normal, your blood pressure may begin to elevate. It usually rises with a slight increase with age. Preventive steps can be taken if the increase is abnormal.

Pap smears for women can diagnose cancer of the cervix. If caught in time, cure rates are nearly 100 per cent curable. Yet, hundreds of women die every year because they don’t have check-ups. Pressure can and should be examined between check-ups. It is important for a woman to learn how to examine her breasts. This examination should be done monthly. Although breast cancer is not prevalent among college age women, it is important for women to check their breasts so changes will be noticed.

Sexually active students should be wary of venereal disease. If you think you might have been exposed to VD, be sure immediately, whether you have symptoms or not. It is possible to have VD and exhibit no symptoms. Don’t fail to inform all sexual contacts that you are positive.

Some doctors recommend a glaucoma screen annually. Glaucoma is an eye ailment, caused by pressure in a certain chamber in your eye. 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—is a good idea. The level of blood fats may have a harmful effect. This is still a controversy on which light be worth your while. From what we have learned from friends’ advice, colleagues in the field, and your lesser illnesses so you won’t have to pay the emergency room.

Glucoma is an eye ailment, given by any medical doctor, but it is important for you to decide to watch your health the way you watch your diet, don’t be afraid to shop around for the best health care.

Choose a doctor active in a good hospital. Most hospitals have peer review, generally reliable in assessing a doctor’s competence. Look into the training and experience of your doctor. The American 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, complaints or compliments about your doctor to the Medical Society.

Don’t be afraid to shop for the personal style of your doctor as well as his competence. If you want a doctor who is quick, or gentle, or thorough in his explanations 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 comparison appointment.

Geographical convenience is another thing to consider in choosing a doctor, along with your transportation ability. A clinic miles away is okay if you have a primary 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.

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 saving what may be a critical time.

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

Generally a dental appointment is advised for every six months. Further tests are recommended by your family history. If diabetes runs in your family, a blood sugar test should be added to your check up list. Chances 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 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 prevent care from a physician and emergency care.

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 others.

You may want a complete physical exam now—when you are young and healthy. This may help when you are not so young and not so healthy.

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 at a linear rate. However, the fatality rates for 1974-1976 are below this linear projection from 16 per cent to right per cent per respective year. This is also assuming that the seven year trend line from 1967-1975 would remain linear when in actuality it probably would 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 Patton does not race who his so called “experts” are or the basis for any of his statements.

The dollar amount is worth your while. From what we have learned from friends’ advice, colleagues in the field, and your lesser illnesses so you won’t have to pay the emergency room.

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As for the myth that the 55 m.p.h. speed limit does not save fuel in its direct contradiction of physical principles. Any second year engineering or physics student can tell you that the energy required to move or stop a moving object is proportional to the velocity of the moving object squared. This accounts for savings in fuel and also positively for the decrease in fatal fatalities.

Many people believe that the 55 m.p.h. speed limit is not achieving its purpose. However, the net gain was 48 m.p.h. from 70-75. Now that the speed limit is 55 m.p.h. people drive 40-45 m.p.h. The enforcement of the 55 m.p.h. speed limit has achieved its goal in what it was intended to do, i.e. reduce the average speed by 10 m.p.h.

The 55 m.p.h. speed limit is not a solution to all energy problems, but it will help buy time until our native sources of energy are developed. It also serves to save your life one cent at a time. If it is already here.

Larry B. Leitso

About the Cover

There is a celebration going on today—The student Health Center is celebrating healthy students. The annual Well Day, a festival of wellness. On the cover, Dr. Donald Ralston advises Sonja Harris how to get back to shape. The photo editor has pointed out the festival is the collection of articles on page four. (Daily photo by B. Berg)
Design for fruit dehydrator brings Poly into the solar age

By LAURA CHRISTMAN
Daily Staff Writer

The design phase of an initial fruit dehydrator was completed by a Cal Poly faculty and student team at the Energy Research and Development Administration (ERDA) for the construction phase of the project.

Carnegie said Cal Poly's job was to design a solar dehydrator. The design phase was one of four phases in the project. ERDA is waiting for the go-ahead from the Energy Research and Development Administration (ERDA) for the construction phase of the project.

Amin claims plot had foreign paratroopers

SARAFELA, Uganda (AP)—President Idi Amin claimed on Wednesday that an alleged plot he crushed last week was done with an airborne landing of paratroopers from the United States, Britain or Israel.

In the capital, Kampala, a group of neighboring Tanzania, Zaire and Ethiopia, including 200 paratroopers arriving from Uganda, landed in Sarafela on Wednesday, the president claimed. The group was led by a man who identified himself as a former Adviser of the National Liberation Front of Tanzania, George, who was named as a suspect in the plot.

In his statement, the president said the group was planning a coup against the government. He said the United States, Britain or Israel were behind the plot.

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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 takes you inside a live body on a microscopic scale.

Lab technician Ken Potts, right, examines a wart for Pati Logan with a modern device, but traditional folk remedies will also be available to consider as the Health Center's daily theme. (Daily photo by Joy Bag)

Look at warts planned too

Halloween falls toward the end of October, but don't get too confused, everyone who is entering the campus 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 Potts, a physical therapist for the Health Center, is organizing the booth. "The experiment is part of a whole booth that informs the students about the various types of folk cures worked. Anyone with warts who can't attend "Tom Sawyer" thoroughly."

They make the Health Center tick

Somewhere in your trip past 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 59-member 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 staffers, 10 are physicians. Dr. Billy Mouton 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 diplomates 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 Madsen hold these degrees. Dr. Grant Miller is a board certified psychiatrist. Dr. Burt Cochran and Dr. Dave Raisor are certified by the board of internists.

The nursing staff is made of 15 registered nurses. Lonnie 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 specialty will be the focus of a further analysis of a patient and recommended treatment with a pharmacist. The nurses program that teaches nursing is University of California, Los Angeles, Loma Linda University, Mounts, Miller and Ball were taught at UCLA. The program was set up and supported by Cuesta College. In that program, one of the new nurse practitioners is trained. When you are and visit Triage they'll also evaluate your reflexes. You're probably one of the new practitioners on the new medical and nursing staff.

On a para-medical level, the Health Center employs three technicians as a staff. Two are physical therapists and one a pharmacist. For instance, many work out of the kitchen in the cafeteria.

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February 24, 1977

By WENDY HILL
Daily Staff Writer

Today the Cal Poly Health Center will celebrate health on the third annual Well Day, devoted to the enhancement and understanding of health.

Health Educator Renee Renee explained Well Day as a day to teach people about illness and prevention.

"We want students to know that we do things to the line of prevention as well as the treatment of illness. We're not just a sick center but a health center," she said.

Nearly all the Health Center staff will be involved in the 27 booths and displays providing information and activities about keeping healthy, mentally and physically. Such varied displays as drug sensitization and incompatibilities, nutrition, oral health, athletic injuries, venereal disease, mental health, radiation and worse are included.

"We want people to take responsibility for their own health, including maintenance and nutrition," said Renee, and "to let people know what facilities we have."

Renee explained that Well Day is patterned after such events as health fairs, but "our main thrust is on education only, there will be no fees."

First organized in 1975, Well Day has grown to include more in depth health care aspects. One display geared toward teaching the individual how to check physical fitness, will involve the use of special new equipment demonstrated by Jam Johnson, winner of a Bronze Medal for pole vaulting at the 1972 Olympics.

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."

The injuries are more than the skinned knee, familiar from childhood.

Collins reflected on the type of injuries treated in the last month as a result of bike mishaps.

One accident resulted in fractured facial bones and the possibility of permanent scars for one student. Another male student has knee abrasions, a bruised jaw and fractures in one hand.

Just recently there were two separate accidents where two bicycles collided with each other. Four students involved were injured seriously.

"We're not in favor of banning bicycles," Collins said, "but we would encourage respect for others and more safety. I'm sure most students are much safer drivers in cars. How often do you see students stop at a stop sign on a bike? Certainly not as often as you see them stop in a car. They've got to learn that disobeying traffic rules is inviting death. No one has an immunity if they're careless bike riders."

Dr. Collins has this advice for bicycle safety:

—watch out for patches of gravel, which can cause you to lose control of your bike.

—slips of oil or cracks are another danger to avoid.

—try reducing your speed, even if the campus hills are tempting.

Friday’s "Doctor is In" Booth

Lucy's "Doctor is In" Booth

Students, Staff and Faculty Invited

Booths — Displays — Information

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Environmental Factors Affecting Health, Drug Sensitivities and Incompatibilities

Lucy's "Doctor is In" Booth

and more!

"Do it Healthy!"

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

Tuesday, Feb. 24
11:00-1:00

Friday, Feb. 24
1:00-3:00

"Do it Healthy!"

Showing will be at 11:10 a.m., 1:40 p.m. and 3:50 p.m.

Another film "Eat, Drink and be Wary" informs viewers of nutritional losses in food refining, and the hazards of food additives like dyes and preservatives.

In keeping with the emphasis on individual health responsibility, Well Day will feature a discussion concerning how to choose your own doctor and how to effectively keep him.

"It would seem that overspecialization and lack of facilities have created a need for both overspecialization and lack of facilities," Collins explained.

Well Day will run from 9 a.m. to 5 p.m. under the jurisdiction of the Health Center. Booths will be occupied with scheduled activities, only one of which will be available to students.

Lab technician Ken Potts, right, examines a wart for Pati Logan with a modern device, but traditional folk remedies will also be available to consider as the Health Center’s daily theme. (Daily photo by Joy Bag)
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 are spread through Cal Poly. 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 1972 and was hired by the Health Center. Graham shared some of his inside knowledge to explain some of the inner workings of the Health Center.

MUSTANG DAILY: Why is there a Health Center? Is it a state requirement?

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

MD: You said a certain level. Are we at that level? We used to show that level.

GRAHAM: Determined that that level be basic services which would include physician and nursing services, x-ray services, laboratory services and all state universities and colleges provide these services. Here at Cal Poly we go beyond that. We have and have had for many years our own pharmacy. We have an in-patient information. And we are the only state campus in California that provides these services.

MD: My next question was going to be how we compare with other campuses. Then we must be a model health care for campuses.

GRAHAM: Well, I think so. I think our program here is Cal Poly can be compared to just about any health service, services in California but in the country. 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.

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

GRAHAM: We have a health seminar management seminar. It was originally set up because the directors of health services 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 management area. This program—a week seminar—was established to give these physicians who are taking this management area a background in basic management and administrative skills.

This semester we'll be holding our 4th annual seminar and we do have health service personnel from all over the country attend this seminar. In fact, two years ago we had the original nurse from the Chinese university in Hong Kong attend it, 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 on-campus visits per year. Approximately. How many of those are repeat? We don't keep those statistics. It's widely used though. 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 basic services mandated must be supported on a self supporting basis. And the way we go 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 physician on call after 9 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.

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 prescriptions. 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 of pocket. An example would be a student... (Continued on page 6)
The High Mountain Enduro
More than just a cycle race

by NOEL A. DAVI

The 16th annual High Mountain Enduro motorcycle race put on by the Cal Poly Penguins. The event, held last weekend, was a race to see a rider's skill at handling severe terrains. The terrain varied from dirt roads to rocky hills. Riders were penalised for not maintaining average speeds and were penalised two penalty points for stopping either at the start or at any one of the nine checkpoints along the 127 mile trail.

Approximately 250 riders entered: six were women and 15 were former Penguins. The furthest entry was a factory Ossa rider from Indiana. Preparations began on Saturday with technical inspections done by Penguins Jim Harris and Woodcock, Manzullo. The U.S. Forest Service required all riders to have spark arresters, and the American Motorcycle Association requires bikes to have a fulllight, current license plate, horn and turn signal.

The race began at 7:01 a.m. Sunday morning, with five or six riders starting every minute for 35 minutes. The only exception was minute 21, where none of the riders showed up.

The length of the course, the dusty conditions and high speed averages accounted for only 50 finishers out of the field of approximately 250 entrants.

The overall winner was an ex-Penguin, Tom Dela, of Santa Clara. While some riders lost hundreds of points, Tom lost only two in the entire five hour race. He received a trophy and $100.

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 until the Penguins had a couple of bad years. But the members claim that it is regaining its popularity.

The length of the course, the dusty conditions and high speed averages accounted for only 60 finishers out of the field of approximately 250 entrants.

The first three winners in each of six classes also received trophies and contingency prizes donated by businesses all over the central coast.

For the record, the first 12 finishers were: first place, Robert R. Lee; second place, Mac P. Lewis; third place, John B. O'Connell.

Luke Sayer does it in the dirt. (Photo by Chuck Dequerat)

Poly nine slip by Diablos, 6-5

by SCOTT CRAVEN

In a game that wasn't exactly seen in the 1977 NCAA highlights, Ernie Wheeler's Mustangs overawed the and Ambassador College Royals Thursday.

"We weren't up for the game," said Wheeler. And understandably so. Poly is facing a tough weekend in Cal Poly Pomona and Northern California. As we speak, a state's step behind Poly in the California Collegiate Athletic Association, the Mustangs will play longtime rivals on Saturday.

Meanwhile the Mustangs had to concentrate on their spring. Six rodeos are scheduled for Saturday.

Rodeo team far in front

The men's rodeo team at Cal Poly is looking to take first place in the Western Region, Region. National Inter­ league Rodeo Association, at the end of the first three rides of the season.

The standings, just issued, do not include results from the meet on Brawley Saturday and Sunday, Feb. 12-13. A score of 719 points, the Cal Poly men's team holds a 100-point lead over the University of Arizona College of College of, Ariz.

Two members of the Cal Poly men's team are leading in their events—team captain Andre Keys. The 5-7 center's viscous breakaway finked in the first half, minutes gone. After he followed it up with snapf

The Mustangs again pushed past the Mustangs in the fourth inning on a triple by Keys and a single by Pearson to take the lead at 5-0.

With still an opportunity to score runs, the Mustangs took full advantage and scored two more runs in the top of the next inning. Petrona reached first base on an error and Omie Smith hit a double to score Keys at 6-0.

LA State did not lie in their back, as they scored five runs in their half of the fifth inning. By Willis doubled with nobody out, followed by a double by Bob Dominick to make the score 5-1. With one out, Chris Carmen and Drew McAnally hit back-to­back singles, followed by the big blow of the game, a grand slam home run by Darrell Brown to tie the game at 5-5.

Buck Driggers, a leading candidate last year, has collapsed the Mustangs and is facing a tough weekend. Poly is facing a tough weekend in Cal Poly Pomona and Northern California. As we speak, a state's step behind Poly in the California Collegiate Athletic Association, the Mustangs will play longtime rivals on Saturday.

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The ol' recruiting trail

by SCOTT CRAVEN

Holly Ball Writer

It's football recruiting time in a business that is as much art and science as it is on paper for those on the sidelines, and in some cases, under the table for those who are "gifted."

For this idea does not stop at all colleges, especially not Cal Poly.

"We receive only $2,000 a year in recruiting budget," said Hand Football Coach Joe Harper. "Our recruiting is not big compared to other institutions, but we have one of the smallest recruiting budgets in the state, not to mention the fact that we have the least amount of players." Harper will be going to the West Coast Recruiting Meetings next week to try to find the best candidates.

Molded Fleeno, who receive each tag nail which does the recruiting done for the Mustangs, is a team that comes from out of state.

"We never recruit out of state," said Harper. "We do have one kid from Michigan, but the only reason we did it was because his brother plays for the team now and he had played in California. We recruited him by telephone.

Trying to find players is not the easiest thing to do. "It takes quite a bit of travel and a lot of time," said Harper. "We work during weekends and nights. The distance isn't a big deal. Usually the farthest we go is either San Francisco or Los Angeles.

Continual recruiting is an important part of any football program. Harper estimated that there are 50 recruits in training camp for every walk on.

"But we encourage anybody who wants to try out for the team. We find some surprises. Davis wasn't on any list of scholarships," said Harper. "He's got a lot of honors," Harper said. "We never recruit out of state," said Harper. "We do have one kid from Michigan, but the only reason we did it was because his brother plays for the team now and he had played in California. We recruited him by telephone.

Other factors that hurt Harper's recruiting drive.

"We only have a full ride scholarship," said Harper. "We're not here to sell anything. We're only here to help everybody else. We have to compete for every walk on. We never recruit out of state," said Harper. "We do have one kid from Michigan, but the only reason we did it was because his brother plays for the team now and he had played in California. We recruited him by telephone.

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Other factors that hurt Harper's recruiting drive.

"We only have a full ride scholarship," said Harper. "We're not here to sell anything. We're only here to help everybody else. We have to compete for every walk on. We never recruit out of state," said Harper. "We do have one kid from Michigan, but the only reason we did it was because his brother plays for the team now and he had played in California. We recruited him by telephone.
A health educator, did a survey once and it came out, as he termed it, "horribly positive." 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 adjust our program continually, trying to find out not only what their needs are but programs we are 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 instituted 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 Day is geared strictly to the programs and the things available here at Cal Poly Health Center that deal with health education and preventive medicine.

We can't supply all of the medical needs of students, but we would be foolish to do that for the student. If the student doesn't feel that the health services are available in socialized medicine, or not really sure how national health programs come out of Washington even. I know it will affect you in your studies, but I know it will have some effect on them.