Mutual goal helps family find unity

BY VIRGINIA BAXE
Daily News Writer

Without classes at Cal Poly, Manuel and Pat Verges and their daughter Kathy have found time to work on a project they are passionate about: child care.

The Verges family has been active in the child care field for several years. They have been involved in various groups and organizations that support child care providers.

Last year, they decided to take their passion for child care a step further by starting a family child care center in their own home. They opened the center in June and have been running it ever since. They currently care for five children, ages 2-5, in their home.

The Verges family coordinates their schedules with the children's parents to ensure that all children are taken care of at the same time. They also work together to create a warm and welcoming environment for the children.

The Verges family believes that providing high-quality child care is crucial for the development of young children. They are committed to providing a safe and nurturing environment for the children in their care.

The Verges family's dedication to child care is evident in their work. They are always willing to go the extra mile to ensure that the children in their care are happy and safe.

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Is it worth the pressure?

The pressure is on. The tensions are mounting. Yes, I'm talking about midterms and the need to review the advance. You are not alone. We have all gone through this and we all know how it feels. The average student begins studying two weeks before exams, and the pressure only increases as the exam date approaches.

For students, there are two main types of pressure: internal and external. Internal pressure comes from within, such as the fear of failure, the desire to succeed, and the pressure to achieve academic success. External pressure comes from others, such as parents, teachers, and peers, who may expect you to succeed and may judge your self-worth based on your academic performance.

The pressure can be intense, and it can lead to a variety of negative outcomes, including stress, anxiety, and burnout. It can also affect your mental and physical health, leading to problems such as sleep disturbances, appetite changes, and even physical symptoms like headaches and stomachaches.

However, the pressure does not have to be overwhelming. There are ways to manage it and reduce its impact on your life. Here are some strategies to consider:

1. **Set realistic goals:** Break your goals into smaller, manageable steps. This will help you feel less overwhelmed and more in control.
2. **Manage your time:** Create a schedule that allows for studying, breaks, and relaxation. Avoid cramming and try to study regularly over a longer period of time.
3. **Get support:** Talk to your friends, family, or a counselor about your concerns. They can offer support and help you develop coping strategies.
4. **Practice self-care:** Take care of your physical and mental health. Exercise, eat well, and get enough sleep. This will help you handle stress more effectively.
5. **Seek help when needed:** If you find yourself struggling, consider seeking help from a mental health professional. They can provide support and strategies to help you cope with stress.

In conclusion, the pressure to succeed can be intense, but it does not have to be overwhelming. With the right strategies in place, you can manage the pressure and achieve academic success while maintaining your mental and physical well-being.

Author: M. Jordan

Please save the tax-deductible lunch

Protests against President Carter’s plan to scrap the tax-deductible business lunch have swelled in recent weeks. The US Justice Department has been conducting an antitrust investigation into the possibility of a potential “wrongs” executive order to the business community.

All geographical areas and all segments of the business community have been affected. The White House has been described by a leader of the movement, himself a heavy user of the lunch, as “a monumental effort to prevent private businesses from using the system.”

A recent letter to the Business Owners Association from the National Association of Business Owners (NABO) caused a stir. The letter, addressed to the Department of Justice, claimed that the current system of tax deductions for business lunches is a “monumental effort to prevent private businesses from using the business community.”

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Author: Gary Kaplan

When the wind blows

What does the wind do for you? Do you “depend on the wind” or “depend on the wind”? People who depend on the wind have a better understanding of its behavior and more control over their environment.

When the wind blows, it is a force that can be harnessed for energy. Wind turbines and wind farms are used to generate electricity and reduce dependence on fossil fuels.

The wind can also be a force for good or bad. For example, it can help in the growth of crops or spread disease. However, it is important to understand how the wind behaves and how it can be harnessed for good.

In conclusion, the wind can be a force for good or bad. It is important to understand how the wind behaves and how it can be harnessed for good.

Author: M. Jordan

Our readers write...

Muscat Daily

Reader: Randy Neilson

By overlooking many facts in the issue of bimonthly national parks, it has lost its value as a cherished resource. It is a valuable asset that the National Park Service is committed to preserving. This is not simply a matter of personal choice but of national importance. It is a unique feature of the American landscape.

As a member of the Muscat Daily staff, I have been involved in the creation of this publication. It is a matter of personal pride that I have been involved in the creation of this publication. It is a unique feature of the American landscape.

Part 1: No logging is going on or around the area proposed for the redwood forest. This is a well-known fact. However, the redwood area is under threat of deforestation.

Part 2: Much of the land in the proposed redwood forest is owned by logging companies. This has led to the threat of deforestation.

Part 3: The so-called job packages that are included in both the Senate and House bills are proposed to alleviate the economic disaster that the redwood forest faces.

The most conservative estimate claim that over 100,000 jobs will be lost in the timber industry alone as a direct result of the redwood forest. This is a matter of national importance. It is a unique feature of the American landscape.

Other estimates go as high as 5,000 jobs, not to mention the loss in local tax revenues for both the federal and state governments.

Even if the National Park Service’s professional preference to displaced lumber companies, it is imperative that a deal be struck in the increased unemployment.

They are not going to need any less than 2,000,000 acres of the park. The National Park Service (NPS) already has one of the highest unemployment rates in the nation. Why make it any higher?

The expansion bill would also take land out of the public domain and land off the state and county tax rolls. That is a loss of money.

When Burton finally did see the park, he was overwhelmed by the beauty of the land and the grandeur of the trees. He knew that the park was a treasure that needed to be protected.

In conclusion, the park is a treasure that needs to be protected.

Author: Dolores Chacon

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Author: Dolores Chacon
Tax assistance available in SLO

By STEVE THORN
Daily Staff Writer

In the latest round of a new tax assistance program, clients can save time and money with help from a certified public accountant.

The SLO Tax Assistance Program is a student-run service that offers free tax preparation for low-income individuals.

Young couples can benefit from this program, as well as seniors and those receiving Social Security. The program is open from 3:00 p.m. to 7:00 p.m. on weekdays.

The program is staffed by certified public accountants and tax preparers, and all services are free to low-income individuals.

Student travel service to open in union

By MELINDA LOGAN
Daily Staff Writer

A student travel service will open in the University Union in the next few weeks, according to Director of Student Affairs Stan Oersten.

The Council on International Affairs is handling all travel arrangements, and the service will be open to all students.

Internships available

Internships in Washington D.C. are available through the Political Science Department for any Cal Poly student of junior or senior standing.

The student must have completed at least 75 percent of his or her major coursework, and the internship must be related to the student's major.

American youth are being encouraged to take advantage of this opportunity, as well as to explore other travel options.

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Anti-nuclear groups share new home

Canyon Nuclear Power has been accused of contributing to the Diablo Sands Motel Nuclear Power Plant in violation of the Diablo Canyon lease agreement.

The purpose of the group is to inform and educate the public about nuclear power. The group meets once a month at the Diablo Canyon Nuclear Power Plant. It is run by volunteers and does not have a formal leader or president.

The group focuses on the Diablo Sands Motel Nuclear Power Plant's safety and has been advised to oppose the plant from going into operation. Originally known as People Organized Against Nuclear Power, the group formed in January, 1977.

The group is concerned with the dangers of nuclear power in general, and focuses on Diablo Sands Motel Nuclear Power Plant. The group is opposed to the Diablo Sands Motel Nuclear Power Plant from going into operation. Originally known as People Organized Against Nuclear Power, the group formed in January, 1977.

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**NEWSLINE**

**Rhodesian agreement attacked**

MURRAY, Rhodesia (AP)—Prime Minister Ian Smith of Rhodesia has sharply criticized an agreement between his government and the black majority, saying it would lead to a "dark age" for the country. The agreement, called the "Marshall Plan," is intended to end the guerrilla war in Rhodesia. Smith said the agreement was a "sellout" and would lead to a "black Raj." The agreement was signed by black leaders and white officials in Washington last week.

**Russian flu victims in 10 states**

ATLANTA (AP)—Russian flu has now been identified in 10 states, including Colorado, Oklahoma, and California. The virus, which has killed 80 people so far, is being spread by travelers. The CDC has warned Americans to avoid close contact with people who have the flu.

**Jarvis initiative stays on ballot**

Sacramento (AP)—A judge ruled today to remove Jarvis Initiative from the November ballot, saying that it was not qualified for the ballot.

**Juvenile cases open to media**

SAN FRANCISCO (AP)—A juvenile was found guilty of murder and sentenced to 25 years in prison. The case was one of several involving child delinquents who committed violent crimes. The judge said that the juvenile system was failing to protect society.

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**2 ocean-view homes collapse**

SANTA BARBARA (AP)—Two ocean-view homes lay in ruins Wednesday after a violent storm swept through the area, toppling two ocean-view homes in Santa Barbara. One person was killed and two others were injured in the storm.

**Children's Day live!**

With Bob Ayala

Thursday Feb. 16, at 6:00 pm

Julian A. McPherson University Union

Chambers Ave. Col. La.

Theaters: 8:00 am to 6:00 pm at door

Available at: U.V. Union, Don't-Tickets Window

Free tickets for students, five tickets per student

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**Mustangs take off on five match road trip**

By JIM ALVAREZ

Daily Tribune, Columbia, Missouri

A great deal happened to the Mustangs during these days. A trip to the University of Alabama was the highlight for the Columbia Missouri. The team will head south for a Monday battle at the University of Mississippi and a Wednesday battle at the University of Tennessee. The team's strength is getting better each day and the players are excited about the upcoming matches.

The Mustangs took off on a five-match road trip to kick off the new year. The trip includes matches against Missouri State, Alabama, Tennessee, and Mississippi State.

**Women swimmers strive for 2nd place**

By STEVE GRAHAM

Daily Tribune, Columbia, Missouri

The women's swimming team is in full swing, with several meets scheduled this season. The team has been working hard to improve their performance and is aiming for a strong showing in the upcoming meets.

**Maps lead the way for orienteers**

By STEVE GRAHAM

Daily Tribune, Columbia, Missouri

Orienteering is a sport that combines navigation and physical activity. Competitors use maps and compasses to find their way through a course marked with checkpoints.

The course consists of a series of checkpoints that competitors must find in the shortest time possible. The maps are essential for orienteering, as they provide the necessary information to navigate the course.

Competitors must use their maps and compasses to determine the correct path to each checkpoint, which can be a challenging task. The ability to read a map accurately is a crucial skill for orienteering.

Competitors are timed as they complete the course, with the fastest time earning the highest score. The course can be challenging, with obstacles such as rough terrain, dense vegetation, and unexpected obstacles.

Participants in orienteering can choose to compete individually or as a team. The sport is popular among enthusiasts of all ages and skill levels, and it can be enjoyed as a recreational activity or as a competitive sport.

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Women cagers defeat Stanford

The Daily

Paly's women's basketball team had a low start in the season. On Tuesday night, the team played against Stanford. The game started off slow, but Paly was able to turn things around in the second half.

The second half was frustrating for both teams as neither team was able to score for several minutes. Stanford played a strong defensive game and held Paly to only 60 points. In the first half, Paly played well, scoring 42 points and leading by 10 points at halftime.

The game was a close one, with both teams playing well. Despite the loss, Paly's head coach, John Hathaway, said, "We played well in the second half and we were able to come back in the game. We need to work on our defense and our rebounding." The game was a close one, with both teams playing well. Despite the loss, Paly's head coach, John Hathaway, said, "We played well in the second half and we were able to come back in the game. We need to work on our defense and our rebounding."
students surveyed about sex

by randy nold daily staff writer

the students surveyed were 170 members of the male and female society, a group that includes all students who have completed at least one quarter of their coursework.

the survey was conducted by the university health center and the results will be used to plan future health education programs.

the survey found that 80% of students who had sex in the past year used condoms, while 20% did not.

the results also showed that 90% of students who use condoms are satisfied with their method of birth control, while 10% are not.

the survey was conducted online and took about 10 minutes to complete.

the results will be presented at the next meeting of the student health advisory board.

christian signers to appear

by larry ford daily staff writer

the christian signers will perform at the university union on saturday night.

the signers are known for their powerful and moving performances, and have gained a following around the world.

the signers are also known for their dedication to their faith, and have been featured in several films and documentaries.

the signers' performance will be followed by a discussion about their experiences and beliefs.

newscope

sam meeting

the business department held its monthly meeting on tuesday, and discussed issues related to the economy and the university budget.

the meeting was attended by faculty members, staff, and students.

petition deadline

the student and teacher petition to withdraw from the university has been extended to feb. 14.

the petition was started in response to recent budget cuts, and has garnered support from many students and faculty members.

i.d. cards

today is the deadline for students to purchase i.d. cards.

the cards are necessary for access to campus facilities, such as the library and dining halls.

solar energy

the university solar panel project is under construction and will be completed by the end of the semester.

the project is being funded by the state and is expected to save the university thousands of dollars each year.

rugby games

the daily staff reports that the rugby games this year have been exciting and competitive.

the matches were held at the university rugby field and were attended by many students and fans.

the matches were won by the home team in both games, with scores of 25-17 and 30-5.

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