SLO life brighter when lights go out

Even as you read this, the first rays of sun were beginning to fan out, warming the earth with their tender, morning embrace. The world was waking up, and with it came the promise of a new day. But for those who had been up all night, the transition was more gradual. As the morning light began to filter in, the night nurses were busy tending to their patients, ensuring their comfort and care.

One of them was Dr. Jane Crome, the head of the mental health department. She had been on duty all night, working tirelessly to care for her patients. The stress was taking its toll, and she was finding it hard to keep her mind clear.

"SLO life brighter when lights go out," she thought to herself. "But not for me. I have a lot of work to do today."

Physical ailments may be result of mental stress

by Becky Barr

Students should not be too surprised when they begin to experience aches and pains due to Poly's Health Center and are referred to the mental health program, according to a counselor there.

"When reports come back," Dr. Charles Brem, Assistant Director of the Health Center, said, "we can see a trend. The stress on students is high, and it shows in the form of physical ailments."

Crome said she has been attending to all sorts of ailments, from headaches to backaches.

"Burnout occurs when one allows stress to build up to an unmanageable degree," Crome said. "It may be that one thing or it may be several." She added, "I try to see life from his or her perspective, and treat them as individuals." Crome said she uses the guidelines of counselor Carl Rogers to look at the student's life from the student's viewpoint.

"Near the end of a quarter when things are becoming due, a student might feel everything is crashing down on him," Crome said.

"It's important to establish relationships," Crome said. "We have to make sure our students know that they are not alone."

"Sometimes, poor management of time can cause students to feel overwhelmed," Crome said. "Near the end of a quarter when things are becoming due, our students might feel everything is crashing down on them. We have to sit down and make a realistic schedule of what needs to be done."
Animals still treated unfairly

Editor:
I would like to respond to the Mustang Daily article regarding man's dramatically improved treatment of animals over the past 300 years. If we go back 300 years, we find that only 21 of the animals known to us were known to have been driven to extinction during the entire 17th century. That number has approximately doubled arithmetically every century since, until today, when it threatens to explode geometrically. In the 20th century 86 animal species have already become extinct, another 185 are expected to go before the year 2000, with an additional 1187 possibly facing elimination by that time.

Through its "predator control" program, the federal government engages in mass destruction of animals by poison, trapping, aerial shooting, neck snares, and drowning in enormous processes of burning infant young alive or cutting them apart with barbed-wire machines in which they are caught. These methods are nonselective, and untold millions of animals are killed by poison and by the restraining devices for months on end. Anesthesia is not used except on the time.

Right here, at Cal Poly, campus officials use avitrol, nerve poison, to kill unwanted birds. Biology professor Eric Johnson states: "Avitrol is, to my mind, inhuman. It is designed to cause considerable distress to a dying bird, as evidenced by its cries and behavior. On top of someone with a warped mind could find the process pleasant to watch." In addition, Cal Poly gives full and enthusiastic support to rodeo—a sport that exploits animals purely for the sake of entertainment. A joint policy statement issued by the Humane Society of the United States and the American Humane Association condemns rodeo for being inherently cruel to animals. On the other hand, the Motion Picture Association has not improved over the last 300 years—it's about the same. And Cal Poly alone is a glaring testimony to this fact.

Bruce Ellis

Public officials, however, do not have the luxury of speaking without considering the consequences. Personal attitudes expressed in the context of public duty are perceived as public policy. Name-calling falsely represents important issues. Public officials must stand up and be held accountable for their actions. The government and the governed. And public officials are not privileged to ignore opposing views in public business.

Mr. Watt's chief failure in office was not only the espousal of unsound environmental policies, but also his tactless insistence that his detractors were our country's enemies. His talent for glorifying insulating millions of Americans was justly rewarded.

J.D. Balachowski

by Steve Cowden

Dorm Antics

GOSH, IT'S BEEN SO LONG SINCE I'VE BEEN AT THE BEACH, I FORGOT HOW ABSOLUTELY INVIGORATING IT IS!

PUTTING YOUR FEET IN THE WARM SAND, LISTENING TO THE BIRDS CRYING AND THE WAVES CRASHING...

DISCLAIMER

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Unchecked stress leads to burnout

From page 1

Stress is a normal part of daily life according to Cirone. Effective management of time, regular exercise, and occasional time out from study, and talking with friends about what results in the individual can help students avoid burnout, she said. Pure burnout can manifest itself in the student who never takes a quarter off, Cirone added, and recommended that students need to look at a quarter off as an option to avoid burnout. High expectations of grades can cause stress for many students, she said. "If you can be beautiful, too," A student might need to demphasize high grades if he isn't a super quix. Someone who needs to have you're talking about someone who needs to take charge for a crisis stage burnout are treated differently by Cirone. In that case, she felt that people need to be aware of figures in black history. Cirone. "I played Sojourner Truth in an oral interpretation speech class last year and enjoyed it so much that I decided to use this approach for Black History Month and Women's 'Herstory' Week," Spears said. She added that people need to be aware of figures in black history. Cirone, played by Crystal Culmer, talked about black women standing out on their own. Culmer, with her theater experience, did an exceptional job portraying Stewart. With body guards and the familiar distinguished look, Bowles spoke about eliminating violence, and was well received. After everyone performed, there was a question and answer period on the issues of that era in history. The program was the last activity of Black History Month and was co-sponsored by the Afro-American Student Union and Women's 'Herstory' Week. There doesn't seem to be a relationship between major and burnout according to Cirone, who has been with the Health Center for 18 years. Most Poly students do a good job of dealing with stress, she said. Bookmarks with self-help checklists for depression and anxiety and guidelines for normal growth challenges are available free to students at the Health Center.
Students vote McLintocks best

by Linda Ralff
Lifestyle editor

About one-fourth of the Cal Poly students recently surveyed chose McLintocks in Shell Beach as their favorite restaurant. The 100 randomly selected students also named Sebastian's in San Luis Obispo as the worst restaurant they've ever eaten at, in or around SLO.

Taco Bell edged Burger King for the "favorite fast-food place," while McDonald's was overwhelmingly voted the "worst fast-food place.

Competition was stiffer for the favorite and worst entertainment spot. Tortilla Flats and the Graduate closely competed with each other in both categories.

Tortilla Flats captured first for "favorite," with The Graduate just three votes behind. The Graduate was also selected as the "worst" place, with Tortilla Flats four votes away.

The Mustang Daily also asked students how often they went out to a nice (not fast-food) restaurant for dinner. Twenty-nine percent said every two weeks, and 28 percent said once a month.

Twenty-three students gave McLintocks the "best restaurant" title, noting the great food, good price, fun atmosphere and big stalls to eat in as the prime qualities. Some students also commented that the waiters and waitresses were very friendly, seeming to enjoy their work, which made eating there more pleasant.

This Old House placed second in the restaurant favorites, with 13 percent of the votes. Cafe Roma received the third position, while Assembly Line and Wine Street Inn tied for fourth.

The rest of the votes were sparsely scattered between 20 other dining places.

Following Sebastian's for the worst restaurant was Farm Boy Restaurant. Sebastian's received 16 percent of the votes and Farm Boy received 12. The rest of the votes were one, two or three people voting for 23 other restaurants.

Twenty-five of the students said they could not think of a "worst" restaurant in or around SLO. The general comments about Sebastian's were that it serves over-priced, bad food and has bad service, especially to Cal Poly students.

Taco Bell rang in 28 votes of support, while Burger King received 26 in the favorite fast-food category. No other fast-food place came near these figures. The next highest vote was 20 for Carl's Jr.

Great food is only one part of success

It takes more than great food to make a restaurant successful. It takes good service, reasonable prices, good-sized portions and a friendly atmosphere.

McLintocks' popularity goes back 11 years when the duo bought the former Matties, its name changed, but its western atmosphere prevailed. Dinner guests enter rooms through swinging doors and are met by stuffed mooseheads hanging from wooden walls. McLintocks also retained original artifacts from Matties' wilder days like a crap table, horseshoes and brand- ing irons.

McLintocks' menu is memorable, from the complimentary onion rings and salsa to the zesty beans and juicy steaks. And if steak is what you want to tan­ bale, there's McLintocks' special—a 30-ounce steak, hand cut and barbequed over oak wood.

McLintocks' dining house in Shell Beach has won the second vote for the worst place, but with a much lower vote than the one for Taco Bell. The crowded atmosphere was the same ten years ago, but the food has changed. Twenty-one people said they liked going to Tortilla Flats because of the good music and all the people who go there. The crowded atmosphere was the same reason 18 people said it is the worst place to go.

Twenty-one people said they liked going to The Graduate mainly because it has a large dance floor. Twenty-two people said it was the worst place to go with comments ranging from "it's dirty" to "it's scummony," "it's dirty" and "only old men hang out there." Bull's Tavern was only other entertainment spot that showed up significantly on the survey. Eight people said it was the best place to go.

Taco Bell, the second favorite place, also came in second for the worst place, but with a much lower vote of 10. Two students said they hated all "fast-food joints." The close competition between The Graduate and Tortilla Flats for the best and worst entertainment spot deserves some explanation from the voters.

Several individuals made claims that the food made them sick to their stomachs. Four percent of the voters. The general comment about the place was that it is not the right spot for college students. Some student comments were, "It's a dive," "It's a scummy," "it's dirty," and "only old men hang out there."

Bull's Tavern was the only other entertainment spot that showed up significantly on the survey. Eight people said it was the best place to go.
by Kathy Messinger
Staff Writer

This Saturday the women's gymnastics team will compete in Crandall Gym at 7 p.m. for its second and last home meet of the season.

Poly, currently ranked fifth in the NCAA Division II western region, will meet sixth-ranked UCSB and Hayward State.

"This is an important meet for the girls. For regionals they average in the highest score in a home meet. This is the only chance the girls have left," said coach Tim Rivera.

Poly has faced UCSB twice this season and has lost to them on both occasions, the largest margin was four points. Although Poly is ranked above UCSB, Rivera agreed that this would be a close meet.

The women will again compete with a small team. Senior Pam Dickie will be the only woman competing in a single event, doing the beam. In the all-around it will be senior Kazumi Norimoto, Lisa McAllister, Jana Lehman, Cathy Pagani and Teryl Theis.

In regional rankings Norimoto is ninth, McAllister is 16th, and Lehman is 18th in the all-around. "I expect the girls to be in the top 15 after this weekend's meet," said Rivera.

Dickie has competed on the women's team for the past four years. She dislocated her shoulder at the beginning of the season and returned to competition mid-season.

"I'm excited, but sad at the same time. I wish I could compete in the other events, but at least I can help the team scores by doing the beam," said Dickie.

Both seniors agreed that the last home meet really helped the team's performance, as the crowd support made them want to perform better.

Norimoto has competed at Poly for two years after transferring from a junior college. "I'm really looking forward to this home meet, especially after the last one which was superb for us," she said.
Two Ann(e)s lead Mustang swimmers

by Karen Kraemer

The work is done. The performance begins. Tapered—shaved—ready—the Cal Poly women's swim team leaves Sunday for New York. Hofstra University, just outside of the Big Apple, will be the site for the 1984 Division II national championships.

Despite the absence of a league or final conference meet, the Poly swimmers will still send a strong squad to the nationals.

Two swimmers intending to wreak havoc on the placings are Ann Stier and Anne Gatlin. Beyond the same, the junior/senior duo have much in common.

The two physical education majors have both qualified for the meet in more than four events.

Stier will race in the distance freestyle (500 and 1660 yards), 400-yard individual medley and the 800 free relay, while Gatlin qualified in five events, swimming the 200 and 400 IMs, 200 backstroke, 400 medley relay and the 800 free relay.

"It's better to get more involved in the meet by swimming more events," said Gatlin.

"Besides, there's too much pressure placed on just one event," added Stier.

Last year at the nationals held in California, Stier was the only Poly swimmer to score team points. Finishing with ninth and tenth places in the 400, 200 IM, and 100 butterfly, Stier was especially disappointed with her consolation final finish in her favorite event, the 500 free.

"This year I'm definitely going to improve my position. I want to get to swim in the finals," said Stier.

Raised in Alameda, Ca., the youngest of five swimmers, Stier has been swimming since she was seven. Her brother, John, swam on an all-American relay team in 1979 at Poly while sister Margaret held a captain's position on the UC Berkeley women's swim team.

Stier spent her freshman year on the UC Berkeley squad and then transferred to Cal Poly during the 1983 season. "I was homesick," said Stier. "It seems a lot friendlier," said Stier.

Senior Gatlin hasn't had the smooth transition from the high school pool to collegiate competition. Bouncing from program to program, past honors include a state title in the high school 100 free relay and the 800 free relay, while Gatlin qualified in five events, swimming the 200 and 400 IMs, 200 backstroke, 400 medley relay and the 800 free relay.

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Sports

Tracksters leave bags unpacked with home meet by Karen Kramer

There will be no travel fatigue for the Cal Poly men's track team this weekend. The squad will host UC Riverside and Cal State Bakersfield in the first of two home track meets.

UC Riverside poses a threat in the distance races, while Bakersfield boasts a strong field event crew. Coach Tom Henderson predicts Saturday's meet to be very competitive.

There will be some great races, but we have the overall meet in hand. On this track team each individual contributes. Mark Langan, Eric Josephson and Larry Carson are some who help to keep the scoring tables balanced.

Langan, an architecture major, uses his high-jump ability to "get out of the lab." If I had more time, I'd get more serious," said Langan of his schedule. Laid up with an injury early in the season, the junior has already surpassed the 6:11 division 11 quality cut 1 yard. Langan's 5-1 clearance last year is now far away.

"My strength is better this year, but I have a long way to go on technique work," said Langan of his last month of training start.

A teammate who isn't getting a late start is distance man, Jim McCarthy. McCarthy spent the summer in training which is already paying off. Last weekend in Santa Barbara his second place finish in the 1500 meters left McCarthy just short of the qualifying time.

As for this weekend's meet, Josephson seems ready for whatever UC Riverside can throw at him.

"Believe it or not, I love this track. It's hard, just like the one I trained on in high school," said McCarthy. "I'm used to it."

Sprinter Eric Josephson is not quite as "used to conditions as his older counterparts. The freshman from Porterville High is still testing the collegiate waters.

"I still have to adjust. At each meet I see more and more great runners," said Josephson. "I have to get used to running against those every meet."

Josephson has already begun to make his mark, proving himself as a relay man and sprinter. Those times dropped since highschool.

Quicker will continue to improve. He is competitive, composed and would probably run the 5000 meters if I asked him to," said Henderson.

This weekend Josephson will run an open 400 and both relays.

Langan, McCarthy and Josephson are three athletes competing in totally different events. One thing ties them together: They all run for Poly.

The UCR, Bakersfield, and Poly meet is scheduled for Saturday. Field events will begin at 11:00 and run until 1:00.