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On the cover
Staff photographer Ken Ointzer
captured this view of the Califor­nia Blvd. exit at 2 a.m. using a Nikon FE camera with a 200mm lens. Shooting from the Santa Rosita freeway overpass, he used Ektachrome 100 film at M for a six minute exposure.

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THE PARABLE
A letter from the editors

That's right, summer's over and it's time to start still another year of school. It sounds like the beginning of a long, painful process (not dissimilar to visiting the dentist) ... but it doesn't have to be. For better or worse we're all in this together, and once we look past the regular regime of homework and midterms, it becomes obvious life does not come to an end on that cold September morning when classes begin.

School is just one facet of life, and life is what you make of it. There are those who seem to take uncountable joy in complaining about their class load and homework assignments, and if that's what makes them happy, we can handle that. Unfortunately for them, school is just four (or five or six) years to struggle through. We prefer those people who can wish a "good morning" during finals week, or someone who can forget class competition (and even the dreaded curve) and help out the poor sap sitting next to him (who is woefully unprepared). These people work just as hard as the complainers and do just as well (or poorly, whichever the case may be) — they're just a lot more fun to be around.

Many people wait for Christmas to give that extra effort that offers friendship instead of demanding pity. A wise man once claimed that it was something in the white flakes of snow that made people act human one month in twelve. We aren't willing to accept that.

We challenge everyone to try on a new attitude this year; take this new beginning at Cal Poly ... and relax. Sure, we all have those days when we want to surgically remove someone's head and then hand it to them, but the teachers, administrators, students (and yes journalists) are all here for the same general reasons — to make school as efficient, rewarding and painless as humanly possible. If you ever get the feeling that you're in this thing alone, just pick up an issue of the Mustang Daily and look at the staff box ... we'll still be here.

So, good luck with your studies and with keeping your sense of humor. If life goes from bad to worse, laugh ... the joke's on all of us, and it's really rather funny.
A

and you thought "learn by doing" was a hip approach to education.

Actually, the notion of hands-on instruction at Cal Poly extends back to the last century, with many of this university's founding concepts intact over a period of 90 years.

It was Christmas Day in 1896 when a man named Myron Angel wrote a letter to the San Luis Obispo Breeze newspaper which read in part: "A Normal School if it can be established here, will be the most important institution that we can hope for as an aid to our fame and posterity."

State senators Sylvester Smith and Sig Bettman persuaded Angel that California and the area really needed a "polytechnic" school during their visit here the next year. The two were instrumental in drafting a bill to create the institution, but it was vetoed by Gov. James H. Budd.

Undaunted by this first setback, Angel continued to lobby for local support of his idea. In another letter to the Breeze, he expressed his vision of the school as "a new Freiburg (Germany) or Cornell (New York)."

"The future as I have said, is a future of labor, or skilled development of resources," Angel wrote in 1898. "Much of this will be in mining, road making, architecture, sculpture, analyses, agriculture, electricity and the working of metals and minerals."

Finally, the California Polytechnic School Bill was passed and signed into law in March of 1901. The legislation provided for a board of trustees and a $50,000 appropriation. Its language also provided the new school's guiding philosophy. "The purpose of this school is to furnish young people of both sexes mental and manual training in the arts and sciences, including agriculture, mechanics, engineering, business methods, domestic economy and such other branches as will fit the students for the non-professional walks of life."

Professor Leroy Anderson from the UC Berkeley dairy department was appointed the school's first director (at a salary of $200 a month); classes began Oct. 1, 1903. There were three teachers and 15 students.

Director Anderson felt the great need of the time was practical education for the tasks of everyday life. In the school's first catalog Anderson wrote that his purpose was "to train boys and girls for the country life: home, farm, orchard, dairy and shop."

Between 1903 and 1914, California Polytechnic School was a three-year institution offering work in agriculture, mechanics and household arts. From 1914 to 1918, the institution became the four-year school which several decades later would attain collegiate status.

In 1921, the Cal Poly Board of Trustees was dissolved and the State Board of Education began administering the school. By 1927, the campus first began offering junior college classes. The year 1929 was important because it was when the California Legislature passed a
b i u 4 i t / h c t

»

bill barring females from attendance. The act came on the heels of declining female enrollment (less than five percent each year) and the opening of area high schools which provided for "teaching in home economics."

The year 1933 marked another turning point for the school. The first Poly Royal was held and Julian A. McPhie was appointed president. He was to remain in the position for 33 years. "His educational philosophy mirrored that of Anderson, the first director."

See CAL. POLY, page 8

Story by Michael Finucane
Photos by Ken Dintzer and Pete Brady
Historical photos courtesy
University Archives.
McPhee wrote in 1939 that Cal Poly "is the only public institution at college level in the state with the definite objective of training young men for that class of employment which lies between the position of the executive, who can plan but cannot perform the manipulative skills, and that of the workman, who can carry out orders or follow routine but who lacks the training, imagination or ability for an administrative position."

The first Bachelor of Science degrees were awarded by Cal Poly in 1940, and the first baccalaureate exercises commenced two years later. The greatest increase in students and faculty occurred in the latter half of the 1940s, and in 1949, the school won approval to grant the Master of Arts in education degree.

Although McPhee made clear the instruction on his campus would remain practical, even to the point where it was necessary to justify the approach as follows: "It has always been considered educationally unorthodox to suggest to a young man that the smart thing for him to do is to plan his schooling in such a way that he can get a job which will pay him a reasonable salary and give him reasonably steady employment."

"Instead," he continued, "we have been prone to look at as a four-year university education as the only respectable goal for any young man capable of taking advantage of it. We have condescended the hundreds of thousands of college graduates who go to work as grocery clerks and service station employees with the bromide about how much their minds have been broadened and how much their social contacts have meant to them."

Professor J. Philip Bromley began teaching agricultural management at Cal Poly back when "there was still a team or two of horses pulling wagons" around campus in 1947. Bromley taught classes here for 26 years until he retired in 1973. He recalled that the installation of "a whole bank of calculators" required a major shift in instruction and foreshadowed the constant updating the school has gone through to keep pace with technology.

"In engineering, for instance, (the changes) are dictated by the faculty plus consideration over the demands of the professions," Coats said.

Former Academic Vice President Hazel Ivens (1974-1982) said changes in the curriculum for the sake of industry were understandable because "Cal Poly is unique in the California State University system."

"There are two polytechnic institutions in the system — Cal Poly, and Cal Poly Pomona, and they are somewhat like UC Davis in its role as a land grant college. (Land grant colleges were created by Congress to specialize in agricultural and mechanical instruction)." Undergoing this point is the fact that of Cal Poly's 35 majors, 13 are available only here, and another 11 offered here are also available only at Pomona.

Despite recognizing that "we are a polytechnic, and we aren't going to look like other universities," current President Warren Baker has concerns about the breadth of the curriculum.

"There is some truth to the issue that is raised about overstressing the 'learn by doing' approach," Baker said. "It's good to know how to do a lot of things but one of the important parts of education is to also know why we are doing these things. Certainly general education — the arts and sciences — have a great deal to do with this."

Baker has supported increased general education coursework "for the past four to six years" and approved of the CSU minimum requirements in GE which became effective in 1983.

"What we don't want to do is to produce graduates who are simply people with a set of tools in their back pocket waiting for somebody to tell them what to do ... I think for the kind of students who come to Cal Poly it is inappropriate to do that." Largely because of its technical programs, high recruitment and improving reputation, Cal Poly is drawing better qualified and some, say, more intelligent entering students.

Admissions Officer Dave Snyder reported that more than 10,500 applicants applied for 4,700 spaces last fall.

"Cal Poly graduates are sought after by industry," Snyder said. "It's one of only a couple campuses some major companies come to and interview.

"We've achieved a reputation which transcends the state college complex," he continued. "We are riding the crest of a technological revolution. We're at the right place, at the right time, with the right program."

Former Vice President Jones said she could tell a difference in the purpose — to train boys and girls for the country life: home, farm, orchard, dairy and shop. — first Cal Poly catalog

Purpose — to train boys and girls for the country life: home, farm, orchard, dairy and shop.

— first Cal Poly catalog
Baker looks toward future of Cal Poly

By Michael Finucane

"Calling 'good teaching' the most important aspect of education at Cal Poly," President Warren Baker outlined a five-point plan for the future of the school in a July interview.

"The first thing is, I want this to be a university which focuses on the individual," Baker began. "That means the individual student, the individual faculty member and the individual staff member — each one is important. From the Week of Welcome onward, we want the student to be treated as an individual, and as a part of this university — that the student counts, and that we are concerned about him or her.

"We are very concerned about the well-being of each faculty member as well. We don't want the faculty or the students to be just numbers in a classroom. Very quickly in the beginning of the course, we want students and faculty to know each other's names, who they are and something about each of them."

In his sixth year at Cal Poly, the Notre Dame and University of New Mexico-educated engineer said the second part of his plan is to continue to focus on the fact that this school is an undergraduate institution.

"For example, at other universities where you might have teacher's assistants performing experiments for students, we want our professors to instruct students, and then let them work within their own lab station."

"The third point is that we are a polytechnic so we aren't going to look like other universities," he continued. "Therefore the arts and sciences have an extremely important role in service — to deliver their instruction to all the students in the university. And we want them to do this better than most other universities."

"I want this to be a university which focuses on the individual."

"As a polytechnic, there will always be a large percentage of students in fields like architecture, engineering and graphic communications. We need to be skillful and sensitive enough about this balance to look into the future a little bit to try to see what those students will need to be successful in their careers. Certainly that means appropriate attention to the basic fundamentals. Generally we find in the arts and sciences a solid substance that doesn't change: what we find in the technical fields is a lot of change where knowledge becomes obsolete very quickly."

Continuing to emphasize the importance of liberal arts in his fourth point, Baker said high quality general education is a necessity. He added that the school is in a good position to offer its arts and sciences students a unique chance to learn technical knowledge.

"If a student came here to study English, he or she would be able to explore engineering or agriculture," he said.

Last, Baker said, "We need to involve ourselves in some graduate programs which reflect our strength and in some way help improve the quality of our undergraduate programs."

CAL POLY

From page 6

student body: "As it became harder and harder to get in, we were getting brighter and brighter students."

"Some of us kind of missed being a folksy kind of college," she continued, "but then also, it was more challenging to be able to educate students to be just numbers.

"We are very concerned about the well-being of each faculty member as well. We don't want the faculty or the students to be just numbers in a classroom. Very quickly in the beginning of the course, we want students and faculty to know each other's names, who they are and something about each of them."

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### INSIDE

#### WOW

**A wild week**

It's a time for fun, games and even the men's bathroom at the Madonna Inn. It's known as WOW, and it's practically an institution at Cal Poly.

**Sewer sadness**

What, no sewer tour? The traditional WOW event has been scrapped, but there's a new event to take its place.

**Major change**

It's not impossible to change your major at Cal Poly — we'll lead you through the inevitable bureaucratic red tape.

**Stressed out**

College life can be tough on body and mind as health deteriorates and tension rises. But don't worry — there's help available on campus.

**Caffeine high**

The student study standby may cause some negative effects, but it may not be as serious as you think.

**U.U. review**

Books, food, study space (and even a large-screen TV) — it's all available at the Cal Poly University Union.

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Cal Poly: An Exit to Excellence

September 23, 1985
IMPORTANT ANNOUNCEMENT

★ For Freshmen
WHO INTEND TO PARTICIPATE IN ROTC THIS FALL QUARTER,
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SCIENCE COURSES ON YOUR CAR FORM:

★ MSC 111 CURRENT MILITARY AFFAIRS
★ MSC 112 SURVIVAL TRAINING I
★ MSC 114 MARKSMANSHIP TRAINING
★ MSC 211 ORIENTEERING

★ For Veterans, Basic Campers
AND OTHER STUDENTS WHO WILL BE MS III CADETS
IN THE ADVANCED COURSE, SIGN UP FOR

★ MSC 311 ADVANCED LEADERSHIP AND MANAGEMENT
★ MSC 212 (TO RECEIVE CREDIT FOR BASIC CAMP)

★ For All New, Old, & Prospective
ROTC Students
COME TO THE FALL BACK-TO-SCHOOL SOCIAL MIXER ON FRIDAY,
SEPTEMBER 27, STARTING AT 3:00 PM IN THE ARCHITECTURE
PATIO. CALL 546-2371 FOR DETAILS, DIRECTIONS, ETC.

Be All You Can Be!

Army ROTC
Week of Welcome activities might have changed over the years, but the purpose — to help new students make the quickest and easiest adjustment to Cal Poly — is still the same.

Bob Walters, who has been WOW adviser since 1970, said that even leaders of industry are beginning to realize that the sooner new workers adjust to their social and geographic displacement, the sooner they become productive.

"People who are alone in a crowd do not produce to their fullest extent," said Walters.

New students, whether they are freshmen or transfer students, experience fears of "will I fit in?" and "will people like me?" Walters said. The five days of WOW help people to make friends and become familiar with the campus and the community. They can then go to their dorm rooms and read a textbook with more understanding, he said.

Russ Brown, dean of students, said WOW activities start with parent workshops on the weekend before WOW begins (Saturday, Sept. 14). "The goal is for the parents to come to understand the campus and the community. They can then go to their dorm rooms and read a textbook with more understanding," he said.

Students need to think about what they want to get out of school not only from a class standpoint but from a total experience, said Brown.

WOW activities for new students have not changed dramatically throughout the years that Walters has been adviser. Cyndi Block, a senior home economics major who has been a facilitator in charge of training WOW counselors during the spring for two years and a counselor for three years, explained what takes place during a usual WOW week.

WOWies first meet their counselors on Sunday. "You (the counselors) try to break the ice because everybody is so stressed out. The dumber you act, the more comfortable they feel," said Block.

The WOWies should never be left alone that first night, Block said. The group should all eat dinner together, usually at one of the counselor's homes. She stressed the importance of eating with only your WOW group Sunday night, instead of mixing with two or three other ones, so that the WOWies can form a close relationship with members in their group.

Later that evening the groups get together in the gymnasium with all the other groups for the "Invitation to Thought" presentation in the main gymnasium. WOWies listen to President Baker and Russ Brown speak, and then meet the WOW board, a group of six students in charge of planning and running WOW activities.

The members of each group usually dress up in something that unifies the group, Block said. In previous years, WOW groups would go on the sewer tour, which was a walk in the dark through San Luis Obispo Creek. This year, however, they were scheduled to go to Mustang Stadium where they participated in a program called Playfair.

"The WOWies should have zero free time Sunday night," said Block. "You want them to be so busy that they are not thinking about school." Thursday is the last day so you just go psychotic," he said.

Campus tours are scheduled on Monday through Thursday, usually one or two a day. WOW counselors take students on tours of the Robert E. Kennedy Library, the University Union, the Administration Building, the recreational sports office, Disabled Student Services, the Health Center, the Cooperative Education office and other locations of interest to new students.

Beginning on Monday and continuing through the first week of Welcome activities, WOW counselors take students on a sewer tour, which is "S.O.L. Day." A scavenger hunt including highlights of the city begins at the Old Mission. Points of interest on the hunt might include popular restaurants, record stores or even Bubble Gum Alley.

"Technically it's over Thursday, but it never is," she said. "Up until Wednesday, the counselors plan activities, but the following Friday and Saturday, the WOWies are the ones who plan things to do because they don't want to be alone," she said.

"Up till Thursday, you (the counselor) are responsible. If a WOWie wants a move, you have to make sure you have a Band Aid."

W OW is not sure what the orientation program consisted of before he took over 15 years ago. "There's probably been a program of some sorts forever," he said.

Mike Benkert, chairman of the WOW board, said the Cal Poly orientation program used to take place up in Cambria for a weekend.

See WOW, page 4
The leader of any WOW group can free item for WOW leaders

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Well's Sportswear Manufacturing of San Luis Obispo opens its doors and offers you manufacturers direct prices that are less than wholesale! Opens the first and third weekends of every month.

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Free item for WOW leaders
The leader of any WOW group can receive a free sportswear item, not to exceed $10.00. If the WOW group brings the leader in, Express 10/1/85

WOW From page 3

"That's where they would have their orientation to college life. Great idea," said Benkert.

WOW counselors have different reflections on the program.

Loyd Block, who is getting his master's degree in counseling and guidance, said he became involved in WOW as a student because somebody asked him. Frazier has been a facilitator three years and a counselor for five years.

"I do WOW because I have a lot of fun, and I like to help people. I love the enthusiasm. It makes me feel vital and important."

"As far as the program goes, I'd like to see it enter more scholastic things. We tend to skip a lot of tours, because they are not as exciting." 

Vicky Benkert, a senior speech communications major, has been involved with WOW for two years. She said the WOW counselor got used to her idea when she first met her WOWies.

"My biggest problem was I was scared to death. What was I going to do with 22 people for an entire week?"

Benkert said she likes to include a spaghetti feed for her groups during the week, usually as soon as possible.

"When you have to feed the person next to you, you can get to know them better," she said.

Nancy Prell, a senior English major who has been a facilitator for two years and a counselor for three years, told about the time she was kidnapped by a WOW group in the middle of the night, thrown into the University Union plaza fountain, and made to sing for a meal in the Dining Hall while tied up and blindfolded.

"WOW is basically a way to have a lot of fun and to meet new people," said Prell. "I'm always sick the week after because I'm so run-down, but it's worth it."

Kurt Friedmann, a senior business major, said he was going to be a WOW leader because he did not go through WOW and wanted to see what it was like. It looked like a lot of fun," said Friedmann.

Block said she decided to become a WOW counselor because she had so much fun as a WOWie.

"It's a neat feeling at the end of the week. They (the WOWies) think of you as gods," she said. "It's a feeling of success. During the week you push your hair and just want to quit. But I know because somebody will make it through college because they are doing it with a will."


\textbf{An Exit to Excellence}

\textbf{Playfair} replaces sewer tour

By Margaret Barrett

The annual Week of Welcome sewer tour will be replaced this year with a nationally-known program that organizers of WOW hope will form trust and unity within the groups in the same way the sewer tour did in the past.

The reason for ending the sewer tour, in which WOWies walked at night through San Luis Obispo Creek from the Safeway parking lot on March Street to the Old Mission, was that the WOW program simply outgrew it, said Lenny Davis, a member of the WOW board.

Approximately 3,000 students go through WOW during the fall and residents complained about the noise. Davis said the noise generated would not be allowed under the new city noise ordinance passed this spring.

"You can't really blame them (the residents). It's pretty much an infringement on their privacy," said Davis.

Other problems in addition to the noise included people throwing materials like flour, water, eggs, and, last year, battery acid from bridges onto WOWies traveling through the creek. WOWies also suffered cuts and sprained ankles.

"Just about name it and it's happened down there," said Davis.

Playfair, a program used by corporations and companies all over the country during retreats, will take the place of the sewer tour on Sunday night, the first night of WOW.

Walters and the members of the WOW board decided to use Playfair on the condition that Weinstein, who has offices in New York and Los Angeles, be present to oversee the program.

"It's (Playfair) one of those things like WOW-week itself, to appreciate it you have to see it yourself," said Walters.

In deciding what would take the place of the sewer tour, Walters and the members of the WOW board spent many hours considering alternatives such as a counselor scavenger hunt and a sewer tour simulation on campus through San Luis Obispo Creek.

"The main goal of the sewer tour was to create a unity within the group. These people who were just with their group for four or five hours had to put trust in their counselors and the person next to them," said Davis. "We were trying to find a substitute, and we're not really sure if we found it with Playfair, or not," he said.

Walters and Davis both agree that Playfair was the best alternative of the many considered. "It's an emotional experience as well as a camaraderie experience and very much a team experience," said Walters.

\section*{SLO transportation free to students with ID card}

Not having a car shouldn't stop you from getting around town or having fun on the weekends from 8:52 a.m. to 5:51 p.m. each weekend. Transportation around San Luis Obispo can be easy and inexpensive.

Students may ride city buses for free by showing a valid identification card. Four bus routes travel throughout the city between 7 a.m. and 7 p.m. weekdays and 9 a.m. to 5 p.m. weekends.

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\section*{ROTC activities join list of WOW events}

By Renee Shapie

This year, a simulated ROTC Leadership Reaction Course has been incorporated into the regularly-scheduled Week of Welcome activities.

Lenny Davis, a member of the WOW board, decided to make it all a regular part of WOW Week," he said.

A key concern of Walters is that the course does not have to have a military emphasis, although she does hope to get 10 extra recruits from the program.

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In deciding what would take the place of the sewer tour, Walters and the members of the WOW board spent many hours considering alternatives such as a counselor scavenger hunt and a sewer tour simulation on campus through San Luis Obispo Creek.

"The main goal of the sewer tour was to create a unity within the group. These people who were just with their group for four or five hours had to put trust in their counselors and the person next to them," said Davis. "We were trying to find a substitute, and we're not really sure if we found it with Playfair, or not," he said.

Walters and Davis both agree that Playfair was the best alternative of the many considered. "It's an emotional experience as well as a camaraderie experience and very much a team experience," said Walters.

\section*{SLO transportation free to students with ID card}

Not having a car shouldn't stop you from getting around town or having fun on the weekends from 8:52 a.m. to 5:51 p.m. each weekend. Transportation around San Luis Obispo can be easy and inexpensive.

Students may ride city buses for free by showing a valid identification card. Four bus routes travel throughout the city between 7 a.m. and 7 p.m. weekdays and 9 a.m. to 5 p.m. weekends.

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\section*{ROTC activities join list of WOW events}

By Renee Shapie

This year, a simulated ROTC Leadership Reaction Course has been incorporated into the regularly-scheduled Week of Welcome activities.

Lenny Davis, a member of the WOW board, decided to make it all a regular part of WOW Week," he said.

A key concern of Walters is that the course does not have to have a military emphasis, although she does hope to get 10 extra recruits from the program.

"It's (Playfair) one of those things like WOW-week itself, to appreciate it you have to see it yourself," said Walters.
Kennedy Library: many resources under one roof available to users

By Janet Haserot

It's a place to study. It's a place to gossip. It's a place to mingle. It's a place to SLEEP.

This multi-faceted institution at Cal Poly is the Robert E. Kennedy Library.

As fall quarter begins, the library will become known to all. It is a necessary element to all students of the university. Although the library is in one building, there are many different sections that provide services to users.

General Information
Library staff members are located at the information desk on the first floor to help students with the use of the card catalog and answer any questions students have about campus locations.

Main Card Catalog
This is the main reference source to the library's collection. It is divided into three sections: a subject catalog, an author catalog and a title catalog.

Circulation Desk
Students may check out books at the circulation desk located on the first floor for a three-week period. A valid student ID card must be presented to the circulation desk each time a book is checked out.

Reserve Room
Materials are placed on reserve by instructors for restricted circulation. The collection consists of library and personal copies of books, articles, pamphlets and sample examinations for class assignments. The reserve room provides space for group studying along with computer terminals provided by the computer science department.

Interlibrary Loan
This department, located on the first floor, makes materials such as books and periodical articles not found at Cal Poly available from other university libraries.

Special Collections and Archives
The Norman D. Alexander Memorial Reading Room, which contains the University Archives, houses written and pictorial documents of the history and activities of Cal Poly. Special collections of fine printing, graphic design, architecture, and agriculture can be found here on the fourth floor.

Exhibit Area
Located under the stairwell on the first floor, this exhibit area is the permanent location for art department photography exhibits. Also on the first floor near the elevators is the gallery. This is coordinated by Lynn Gamble.

Photoduplication Center
This room contains photocopiers which are run by More Copy Service. They operate with the use of a "high security" card which may be purchased on the first floor in the copy area. These cards may be validated for up to $99.00 of copying. Each time a card runs out of credit, it may be validated again. The initial cost of the card is 40 cents.Copiers are located on every floor except the fifth floor.

Reference Room
This room is staffed by librarians specially trained to help locate needed information for term papers and research projects. All books are listed in the card catalog and are used for specific information rather than to be read from cover to cover.

Government Documents and Maps
Located on the third floor, this department collects materials from local county, state and federal agencies. The department has its own circulation counter and indexing system for checking out documents and maps.

The library is a necessary element to all students of the university

Books and Periodicals
Letters A-F (based on the Library of Congress classification system) begin the main stack of books on the second floor. Books and bound periodicals are shelved together in the stack areas, with the oversize collection following each class letter. Letters G-P are located on the third floor; PN-Q are on the fourth; and R-Z are located on the fifth floor.

Group Study Rooms
There are group study rooms on the second, third, fourth and fifth floors.

Current Periodicals
On the second floor, this department contains unbound current magazines. They may be checked out for two hours at a time, and may be checked out one hour before the library closes for overnight use.

Learning Resources and Curriculum
This department contains children's books, K-12 books and all of the audiovisual material in the library. The key to the complex building known as the library can be found on the back of many student ID cards. A bar code (like those found on products in the supermarket) is placed on the back of the card which allows students to check out library materials. Without this sticker, students may not check out any book, periodical, audiovisual material or any other property of the library.

Students have three weeks to return books to the library before a 15 cent a day, per book charge begins.

Library privileges will be temporarily suspended when ac- cumulation of $5 or more in fines occurs.
By Stacy Herkert

Cal Poly is one of the few universities in the state where students are required to declare majors when applying for admission. Since there is no option of an undeclared major, some students feel pressured into making decisions they are not prepared for.

At Cal Poly, students are allowed the opportunity of changing their minds and their major. The requirements are that before students change their major they must be enrolled at Cal Poly for at least six weeks, receive the department head's signature from their current major and proposed major and receive approval from the dean of the school into which they want to transfer. Before being accepted into specific programs most departments also have certain requirements students must meet ranging from having a minimum grade point average to taking classes from a specific curriculum. Some of the highly impacted majors have waiting lists to accommodate the demand and just take some classes, "We have that down to a science," he said.

According to the Records Office there were roughly 1,500 applications for the 1984-85 school year. The heaviest concentration of applications were in the School of Business, the School of Engineering and the School of Architecture and Environmental Design. Individually, some of the most popular majors included journalism, applied art and biological science.

Snyder said individuals entering majors with the intention of transferring into more difficult programs will have their work cut out for them. "Departments usually have pretty stringent requirements students must meet getting into Cal Poly ahead of those for students transferring into them."

Admissions Officer Dave Snyder cited two reasons why Cal Poly requires students to declare a major when applying. One is that the school curriculums are being designed specifically oriented toward preparing students for certain careers and education. The other reason is that the school curriculum is based on students careers and education. The other reason is that the school curriculum is specifically oriented toward preparing students for certain careers and education. The other reason is that the school curriculum is based on students careers and education.

Many require you to take prerequisite courses and have a completion similar to a new student. "We run into mostly parents who want their kids to declare here because they think Cal Poly is a good school. The kids don't know what major they want to go into...they think "I'll go to college and just take some classes," he said.

 cambio de carrera: un hecho de la vida en Cal Poly

No todo el mundo puede declarar una carrera en cualquier momento, pero occasionally hay excepciones. "Nos hayamos de acercar a la mayoría de los padres que quieren que sus hijos se declaren, porque piensan que Cal Poly es una buena escuela. Los niños no saben qué carrera quieren seguir... ellos piensan "iré a la universidad y me tomaré unas clases,"" dijo.

La problemática de los estudiantes con respecto a la selección de una carrera es que antes de cambiar de carrera se necesitan más de seis semanas, recibir la firma del jefe de departamento de su carrera actual y propuesta, y recibir la aprobación del consejero de la escuela a la que quieren ir. Antes de ser aceptados en programas específicos, la mayoría de los departamentos también tienen ciertos requisitos que los estudiantes deben cumplir, como tener un promedio académico mínimo, tomar clases específicas o tener ciertos requisitos en su carrera actual.

Snyder citó dos razones por las que Cal Poly requiere que los estudiantes se declaren una carrera antes de aplicar. La primera es que el currículo de la escuela está diseñado específicamente para preparar a los estudiantes para ciertos carreras. La segunda razón es que el currículo de la escuela está basado en las carreras y el aprendizaje de los estudiantes.

Muchos requieren que los estudiantes tomen cursos pre-requisitos y tienen una competencia similar a un nuevo estudiante. "Nos encontramos con la mayoría de los padres que quieren que sus hijos se declaren, porque piensan que Cal Poly es una buena escuela. Los niños no saben qué carrera quieren seguir... ellos piensan "iré a la universidad y me tomaré unas clases,"" dijo.

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Stress

It's time to 'deal with it'

By Lisa A. Houk

 Unrealistic expectations and stiff competition at the beginning of college life can cause a student's stress level to go up and his or her health condition to deteriorate.

The stress level is accelerated by being in a new environment, carrying heavy class loads, trying to create some form of social life and living up to high expectations of professors, parents and self.

"Often these expectations are unreal, because someone ought to tell the students that only 8 percent graduate in four years, and the average student is here almost 15 quarters, so in reality it's a five-year program whether you're in architecture, physical education or agricultural management," said Dr. James Nash, director of student health services.

Once students start working hard to reach all their goals, Nash said they also start realizing that some of the smartest students from high schools all over California are in their classes, and the competition level zooms.

This realization of heavy competition added to a high stress level can mentally pressure a student into feeling physically ill or make him or her very susceptible to common viruses.

"Preventive action, not medicine, is the key to a healthier student body — if one eats regularly and sensibly, doesn't skip meals, gets adequate hours of sleep, finds out what professors expect and most importantly learns how to manage time, then things will go smoothly," Nash said.

This type of preventive action doesn't coincide with procrastination, as most students break all these rules of just to get through finals.

The Health Center sees most of these procrastinators who have stress-related problems, such as common colds that have led to respiratory illnesses, headaches, overeating and undereating, poor sleep or too much sleep and menstrual trouble in women, said Nash.

"One common problem is poorly cooked food that guys serve to impress their girlfriends or vice versa," Nash said. "They said, "They're all learning how to cook and sometimes they don't do a very good job, which leads them to us with spectacular cases of upset stomachs."" Nash said the food services on campus prepare perfectly adequate diets with good quality food, but the chefs have a hard time cooking for 3,000 people and pleasing everybody.

"I hurl when I go through the Snack Bar and see a guy or a girl with two cokes and three sets of Twinkies, but usually the students seem to be eating pretty decent meals," said Nash.

Although too much stress and dietary problems can open the door for colds and other illnesses, the body is also exposed to a whole series of different infections just from being in a new environment, such as the dorms.

"Students come to Cal Poly and then every weekend the campus empties out," Nash said. "And on Monday they all come back bringing different viruses and infections from Tahoe, San Francisco, Los Angeles, San Diego and who knows where."

Nash explained that the worst year for being in school is kindergarten or first grade, because children can miss up to 40 percent of their school time just from moving from the sheltered environment of home to the infectious surroundings of school.

Jobs for students are available at Placement Center

The Student Employment Office has a part-time/ temporary job service program to help students find employment in the community.

The office maintains a listing of jobs on and off campus that include housekeeping, babysitting, restaurant and service station work and many others.

The listings are available to any student who is currently enrolled at Cal Poly, their spouses, former students and alumni. In order to use the service the student must show proof of identification and complete a student employment registration card.

According to Tresa Goodger, office manager of the Student Employment Office, the job board operates as part of a self-referral system. The employers check yellow cards on the job referral board and copy employer information and arrange an interview with the employer.

Goodger said she is surprised by the number of students who did not know the office exists.

For the past two years the office has been trying to inform students about services that are offered and for the first time this year the office is publishing a pamphlet describing the office's services to incoming students that has been completed.

The Student Employment Office is part of the Placement Center (Heron Hall, Bidg. 117), Room 105.

YOGA 101

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Waking up to the effects of the caffeine ‘kick’

Overuse of drug may result in ‘habituation’

By Lisa A. Hous

Eating chocolate and drinking coffee, or soda throughout the day produces a stimulating but shaky diet. With caffeine a common ingredient in all of these, a student could be a caffeine abuser instead of an innocent user.

Caffeine will always be known as the student’s crutch, but if abused and used in excess, caffeine could become the student’s crisis.

“The crisis will not be long term, because some have proven that caffeine does not promote any bad risks like heart trouble or brain damage, but it does hold itself well in the every day diets of students,” said Dr. James Nash, director of student health services.

Tea and chocolate add caffeine to the diets of many students without them realizing it—that is, until their hands start shaking during class or they become irritable for no apparent reason.

“Even the health food teas have caffeine in them, and the ones that are caffeine-free have other similar ingredients to give you a little kick,” said Nash.

A student may overuse caffeine by drinking pots of coffee or taking caffeine pills to stay awake for finals, said Nash, or if he or she eventually stops this routine, the caffeine will wear off without exerting harm. The trouble starts when the easy caffeine consumer keeps up a diet of six packs of coffee or tea, one six-pack of milk or three candy bars a day for years and years.

“You’ll see people with tremors, what we call rapid fine tremors. They just shake very rapidly, and it shows up in their handwriting and in their thinking because they’re not as sharp and are hard to be around.”

Most people can tolerate significant amounts of caffeine without feeling shaky or staying awake, but as people get older they lose their tolerance and have to drink decaffeinated coffee or soda. Also, some people believe they are addicted to caffeine, but it is not a true addiction, said Nash.

“Caffeine is not really addicting—it’s called a habituation because a true addict experiences significant withdrawals from whatever he or she was on, and these withdrawals are usually intense or even fatal.”

Nash said that if a person who has been drinking coffee all their lives gives it up, they will probably experience a few headaches off and on for a week without realizing the slight withdrawal symptoms, and then switch to decaffeinated coffee to partially satisfy the taste buds.

Caffeine is experienced at different levels in every body, because some people drink coffee or tea to fully relax or can down two six-packs of ‘not so caffeine-free’ soda with ease,” said Nash.

Another hidden aspect of caffeine is that it has been proven to aggravate certain other drugs. Nash said some asthma and blood pressure drugs contain caffeine-like ingredients and when mixed with caffeine, an extra high reaction occurs and can cause serious problems.

Women with fibrositic diseases of the breasts will also do better without caffeine, said Nash. Observations have shown that when these women give up coffee and chocolate, the exceedingly painful lumps in their breasts go away.

Diners who drink coffee should not only be aware of the caffeine, but should also watch the cream and sugar additives: “I had a patient who drank 2 pounds of coffee a week while adding 2 or 3 quarts of milk and 5 pounds of sugar, and just by cutting out the sugar in her coffee, she lost 10 pounds,” said Nash.

Athletes are also experimenting with caffeine for quick bursts of energy or instant highs, but just as students go on caffeine “lows” after studying, athletes need to revive themselves or they will come down, too. Nash said an athlete could lose a race or a game, and a student could do poorly on a test just from this type of caffeine low.

The evidence is positive that caffeine, if used in moderation, will not have any hazardous, long-term effects on the body. Caffeine does, however, make the heart pump faster and can make an irritable heart beat irregularly, put to mention the irritation of nerves and the mental and physical high and low the body experiences.

Most students know how much caffeine their bodies and minds can handle, so if they want to be a caffeine abuser now, they will become a decaffeinated user later in life,” Nash said.
Medical services: most free of charge

by Renee Shupe

Quality health care and a wide percentage of special services can be found at the Cal Poly Health Center.

Since registration and student fees help fund the many basic services the center provides, all currently enrolled Cal Poly students are entitled to the general outpatient medical treatment, free of charge. Health card or not, students are receive physician, nursing and pharmacy services, routine clinic laboratory tests and x-rays, mental health and family planning services, as well as immunizations and health education programs.

The health card, which can be purchased for $30 per quarter or $65 for the academic year, provides the student with certain advantages. With the card, many special health services are available without charge, such as use of the infirmary for illnesses and injuries requiring in-patient care. Without the card this service costs a minimum of $45 per day. All purchases made at the pharmacy are given a 10 percent discount to a health card holder as well.

In addition, 24-hour emergency care, short ambulance trips as well as allergy injections are without cost to the health card owner. Many of these services are generally not covered by private insurance companies.

Still, students who choose not to purchase the card are entitled to the basic health care free of charge, a fact that Director of Student Health Services Dr. James Nash said is hard to get across. Students should be aware that without the card they will only be charged for special services, and most only have a minimal fee. Purchases from the pharmacy are still sold at wholesale prices to those without cards. Students who are covered by private insurance companies are also encouraged to use the health center, with the understanding that they will first pay for any special services received and then are responsible for billing their company.

Health Center hours are Monday through Friday, 8 a.m. to 5 p.m., and after-hour emergency care is also available seven days a week.

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Most students 'do need a little guidance'.

Individualized tutoring at Learning Center

By Lisa A. Howk
Staff Writer

If you're not sure about your major, a certain class to take, are worried about your roommate or just need some question answered, the Counseling Center is ready to help.

The Counseling Center is located in Jespersen Hall, next to Mustang Stadium. The hours for walk-in appointments are Monday through Thursday 8 a.m. to noon and 1 to 3 p.m. throughout the school year.

When you call or walk in the Counseling Center, you will be asked if your question or problem relates to your personal life or your career area. A general information form has to be filled out by every student who uses the counseling services before a counselor is assigned. The form takes about two minutes to fill out and the service is free to all regularly enrolled students.

Four general types of services are offered by the Counseling Center to meet the needs of students at all levels. These services include personal counseling, career counseling, the testing office and the Learning Assistance Center.

The personal counseling service includes all kinds of issues related to making an adjustment to college life, according to Dr. Kerry Yamada, one of the counselors at Cal Poly.

"It's the very first day of class and your professor already has you completely confused. The first midterm is in two weeks and you have no idea how to begin studying, let alone attempt your homework. What do you do?"

"You could drop the class and postpone the agony — or, you could decide to stick with it and get some help from the Learning Assistance Center, one of the free Cal Poly counseling services located in Chase Hall.

"Unfortunately, most people don't take advantage of the center because they just aren't aware of it or don't understand what it's all about," said Coordinator Trish Stewart. "We're not a remedial center and the assistance we give should not be seen in a negative way. Our goal is simply to teach learning skills that make academic life easier and more successful."

This is done by offering programs to improve such things as study habits, test taking, reading, studying and note taking. Free seminars are given on procrastination and time management, and a new microcomputer program has recently been added to assist students.

In addition, tutorial services are available in all subjects from math to physics. While appointments for tutoring can be scheduled in advance, Stewart said that 99 percent is done on a "drop-in" basis. "Math tutoring is definitely number one in demand," she said. "If all we had were math tutors we still wouldn't have enough."

Along with tutorial services, the time management program has become popular and frequently requested. In the seminars, successful utilization of time is taught on a general basis, but students are encouraged to come in for individual counseling tailored to their specific needs.

"It all depends on what the particular individual's needs are," said Stewart. "We're more than happy to sit down with each person and work out a schedule (that gives them what they want.)"

Stewart, the Learning Center coordinator for the last six years, said the first time the center is basically successful, but also thinks Cal Poly students could be better served if more were made aware of the programs offered.

"Most faculty members know we're here and are very supportive through student referrals," she said. "It's just that the students themselves don't know about us and by the time most seek us out it's almost too late."

Stewart added that the center does its best to make sure students are not made to feel uncomfortable about gaining assistance.

"We inspect any student's wishes for confidentiality. We just want to help students who want to help themselves and give them the individualized time they aren't able to get in the classroom."

By Renee Shape
Staff Writer

The career counseling service deals primarily with the exploration of students' developing values and their choice of a career direction. Freshmen are encouraged to use this service, because many seniors and juniors find out too late that their early career choice doesn't apply to their current values. Also, the career counseling service will eventually filter out what the student wants out of his or her career.

Yamada said, not what his or her parents want, and friends want.

The testing office at the Counseling Center provides a variety of services directed more to the campus at large. The testing office is responsible for coordinating some of the placement and entrance examinations, conducting surveys and research which relate to the student needs on campus and fee setting up forms to help students with class projects.

The Learning Assistance Center, which is located across the street from the Counseling Center in Chase Hall, is primarily used to enhance any efforts of students to develop good study skills. (See related story.)

Students often feel self-conscious about using the Counseling Center, and they shouldn't, Yamada said, because it is primarily a service for a healthy university population. Every little problem counts, and most students do get confused and a little guidance to gain 'some direction.'
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虑er, a member of the board of trustees for the National Commission of Cooperative Education, which is helping to coordinate the campaign.

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University Union is 'town square' for Cal Poly

By Chuck Buckley

The village of Academia called Cal Poly has the "town square" — otherwise known as the Julian A. McPhee Union. New students quickly discover that the U.U. is the heart of campus activity.

Starting at the western flank of the U.U., the newcomer discovers El Corral Bookstore. Complete with new and used texts, school supplies and a store of items emblazoned with the words "Cal Poly," the bookstore items are sure to become familiar with those students.

The office provides note takers and tutors for those who have permanent or temporary disabilities in learning or visual impairments. Other services such as priority registration or special temporary parking permits are available to the student with disabilities.

Harriet Clendenen, DSS coordinator, said DSS is available to any student with a disability. All the student is required to do is come to the office in the center and fill out two forms: one to request the service and one to help the office verify the disability. Clendenen said that although the office has no disabilities, the services are supplied immediately.

DSS can provide a campus from special temporary parking permits, notetaking and test proctoring and many other services.

In addition, DSS provides help for students who must spend an extended period of time in the Health Center. Clendenen said in instances DSS will contact professors to get notes for the students if necessary have tests proctored in the Health Center.

DSS also provides special services for students with learning disabilities such as dyslexia. DSS provides taped notes and text materials for library research and homework assignments.

Clendenen said students with hidden disabilities such as dyslexia or epilepsy should contact DSS. Students with hidden disabilities can be eligible for services such as priority registration.

The DSS office is located in the University Union Room 199A, the office is open Monday through Friday, 7:30 a.m. to 5:00 p.m.

The Information Desk has phone numbers of students, faculty and office buildings available. Tickets to campus events may be purchased there.

Nexted between the San Luis Lounge (where the ASI Business Office, where student government has its seat.

To the right of the Information Desk is the Gallerie. Various artists present their works here throughout the year.

Between the Gallerie doorway and the main entrance to the U.U. is a large portrait of the man for which the facility was named -- Julian McPhee, president of Cal Poly from 1933-1966.
Bikes, backpacks, dorms: Poly not immune to theft

By Brenda Bieke

Students who neglect to lock their bicycles, backpacks or dorm rooms, thinking crime doesn't exist at Cal Poly or in San Luis Obispo, may find themselves awake.

"People have the tendency to get really lazy at Cal Poly. They think crime doesn't exist here," said Investigator Ray Berrett of the Cal Poly Department of Public Safety. "People are not as secure in San Luis Obispo. The per capita crime rate in San Luis Obispo is as high as or higher than in Los Angeles.

To prevent crimes such as bike and backpack thefts, and to protect belongings in the dorms, Berrett offers simple yet often unheeded advice.

"Lock your bike with a good lock — with something other than a cable lock; lock up your backpack or take it with you and lock your door."

Cheap locks are an invitation for bicycle thieves at Cal Poly, said Berrett. "All the bikes we have stolen this year (except one) were locked, and the owners were using cable locks. We haven't had any of those locked with an U-shaped Citadel or Kryptonite type."

Since January of this year, 45 to 50 bicycles were reported stolen to the Cal Poly Public Safety Department; said Berrett. Twenty-five to 30 of those were recovered and remain unclaimed. Unless they are picked up by their owners, they will be auctioned off.

Quite often someone will take a bike and ride it across campus or into town and leave it, Berrett said. "The San Luis Obispo Police Department picks up hundreds of abandoned bikes. If they aren't claimed in 90 days, they are auctioned off," he said.

To help students recover their bicycles if they are stolen, Cal Poly offers free bicycle registration. Through licensing a bicycle becomes registered in a statewide computer system. In the event that a registered bicycle is stolen and recovered anywhere in California, authorities can return it to the registered owner.

Last year the Public Safety Department set up a registration table in the University Union Plaza and gave out gift certificates donated by local merchants to new registrants. Berrett said they will probably do the same this year.

To further monitor bicycles on campus, Cal Poly employs six bicycle safety officers. When they find illegally parked bicycles, they hang a warning sticker on them. A bicycle which is repeatedly parked illegally is impounded until the owner pays a fine of up to $25 before reclaiming it.

A Bicycle Safety Guide, written by the Cal Poly Bicycle Patrol, is now available. It provides an overview on bike licensing, theft, parking and other aspects of cycling around campus. In addition, Public Safety officers will conduct a seminar on bike safety and crime prevention with each WOW group during Week of Welcome.

Backpack thefts are an almost daily occurrence at Cal Poly, the prime hot spots being El Corral Bookstore, the Snack Bar and the library up on the Library Drive.

"In 1984 between 50 to 60 backpacks were stolen," said Berrett. "Only one or two were recovered — they were found in the trash."

A rash of backpack thefts ended last spring when a man was arrested for stealing someone's book in the 'Library. "We were losing one to two backpacks every Thursday around 11:30. After we arrested him, they stopped," said Berrett. Due to lack of evidence, he was not charged with any additional thefts.

Berrett advises locking up a backpack or carrying it. "Hang your backpack on to your backpack or use the lockers in the bookstore or the Snack Bar. They're free. We provide the lockers for you — use them."

The false sense of security many students have is unattended backpacks in the library and the Snack Bar also prevalent in the dorms.

"The biggest problem with living in the dorms is that people leave their doors unlocked," said Berrett. "We have yet to have burglary in a dorm where someone unlocked the door."

"We're making a film on living in the dorms which will be ready sometime this year. We will have many actors and actresses and equipment up to one of the residence halls. We'll lock up on and off campus and leave it."

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Escorts are available Monday through Thursday until midnight. The Public Safety Office encourages women to take advantage of the service.

By Darcy Spangler

Walking from the library to her dorm room last spring, an 18-year-old Cal Poly student was picked up and sexually assaulted at 10:30 p.m. a block and a half from the campus police station.

People in San Luis Obispo are not immune from such attacks, said Investigator Ray Berrett, campus crime prevention coordinator, but Cal Poly women take precautions in order to protect themselves by using the Cal Poly Escort Service.

The Associated Students Inc. and the Interfraternity Council offer the free Escort Service on campus five nights a week. Fraternity members volunteer to escort women Sunday through Thursday from 7 p.m. to midnight at the library and the University Union near the information desk.

Nick Athanasakos, IFC vice-president who was responsible for coordinating escorts last year, said the fraternities alternate nights in order to provide volunteers for the service.

"I don't mind doing it," he said. "I think it's pretty worthwhile.

The escort service is in its fifth year at Cal Poly and will be operating an eight-passenger van to transport people from exterior parking lots to the library and U.U.

Berrett estimated that the volunteers escort an average of 53 women each night. Although the service is convenient and helpful, some women are either too timid to use it or don't know it exists, said Athanasakos.

Berrett emphasized the importance of women using the escort service in order to reduce the chances of being attacked. Ninety-nine percent of women in America who are attacked are alone, he said.

Citing statistics, Berrett said one out of seven women will be sexually assaulted in her lifetime. In the past five years, three rapes have been reported at Cal Poly; on the average only one out of every five rapes is reported, he said.

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Survival of the fittest

In a special eight-page pull-out section, Mustang Daily presents the "Cal Poly Survival Guide" — which includes everything you need to know in order to succeed at Cal Poly without really trying. (Well, almost everything.) You'll gasp with astonishment as you follow the trials and tribulations (through extensive use of visual aids) of two typical Cal Poly students as they learn to avoid the potholes and speedbumps that obliterate the path to Academia. Be warned: this is not a pretty sight; it may cause you to tremble with fear when you realize this COULD HAPPEN TO YOU!

After sundown
Don't be stuck with the misguided assumption that there's no nightlife in SLO town. We'll tell you how to put your evenings to good use.

Food fantasy
Dining out is an important part of a college student's life — Mustang Daily picks the restaurants you (and your parents) should definitely sample.

Ah, dessert
San Luis Obispo offers plenty of places to satisfy your sweet tooth. We'll give you the inside "scoop" on where to go (especially if you don't mind a few extra calories).

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Contrary to popular belief, there are nightlife activities to keep students entertained in San Luis Obispo besides drinking hot chocolate, watching television reruns and writing your favorite grandmother a letter.

Dancing, drinking and live entertainment are three of the most popular pastimes to keep students sane after a week's worth of studies. The following are some of Cal Poly students' favorite night spots:

- **The Graduate**: A casual, relaxed atmosphere, a five-foot video screen and the largest dance floor on the Central Coast are three features that make The Graduate one of the most popular night spots in San Luis Obispo. On Monday nights country-western music is featured, while on Tuesday nights the theme shifts to rock 'n' roll when those under 21 are admitted. Wednesdays are Dollar Nights with a $1 admission charge and specials on a variety of drinks including Long Island and Cape Cod ice teas and Texas coolers. Thursday through Saturday nights the theme shifts back to rock 'n' roll.

- **Tortilla Flats**: This Mexican-American restaurant and bar with a rustic setting is located in The Creamery on Higuera Street. Monday and Wednesday nights are College Nights when all students are admitted with their college identification cards. Anyone under 21 is welcome for $3 and students over 21 are admitted for $1. Tuesday nights feature blues music and Thursday through Saturday evenings rock 'n' roll and top 40 tunes are played.

- **Cigar Factory**: This antique cigar factory has been converted into a restaurant and bar. Live entertainment is featured weekly. Wednesday through Saturday nights with solo performances the first night and contemporary listening to music the other three nights. There is no cover charge to get into The Cigar Factory and a variety of drink specials are offered nightly.

- **Shandadash**: This establishment offers live music to dance to every evening of the week. Located on Los Osos Valley Road, the bar has rock 'n' roll bands playing nightly, some local, while others are featured artists from outside San Luis Obispo County.

  The cover charge is $1 Sunday through Thursday, $2 Fridays and Saturdays. Happy hour is from 11 a.m. to 8:30 p.m. with a free kamikaze given to individuals paying the cover charge on Monday and Tuesday nights.

- **The Dark Room**: Located on Monterey Street, The Dark Room provides live entertainment throughout the week. Amusements at the bar include comedians, poets and anyone with a flair for comedy performing.

  Thursdays through Saturdays there are out-of-town and local live bands performing.

- **V. McIntocks Saloon**: Country music, entertainment and a lively atmosphere is offered at McIntocks on Higuera Street. Wednesdays are Entertainment Night with an emcee officiating and entertaining. Anyone willing to ham it up is also encouraged to perform. Thursday nights the country-western band "Monty Mills" entertains while Fridays through Saturdays country-western music is featured.

- **Shady Grove**: This restaurant on Higuera Street has live bands performing every weekend. The tables are pushed back and the establishment is converted into a dance floor. New Wave, rock 'n' roll and Top 40 music is usually featured.

- **The Spirit**: Considered the only showcase nightclub on the Central Coast, The Spirit features rock 'n' roll bands on Friday and Saturday nights and a large, spacious dance floor. Cover charges range from $2 to $20, depending upon the individual act.

  Some of the entertainers that have performed at The Spirit in the past have included Los Lobos, Gregg Keiner, Tommy Tutone and the Glenn Miller Orchestra.

- **William Randolph's**: This restaurant offers live comedy acts every Friday and Saturday nights for the 21-and-over crowd. The Comedy Outlet has different comedians featured every weekend. Admission is $5, but anyone dining at the restaurant receives complimentary comedy show passes.

Night moves: William Randolph's restaurant offers the "Comedy Outlet" Friday and Saturday nights; a bartender serves gold margaritas at Los Hermanos.

- **Old Port Inn**: Located on the San Luis Bay pier, the Old Port Inn offers live music and entertainment and a beautiful view of the ocean as its customers on Friday and Saturday evenings and Sunday afternoons. The bands featured play rock 'n' roll and Top 40 music and jazz. The cover charge is $2.

- **The Fremont Theater**: In downtown San Luis Obispo provided an elegant setting for Photo Editor Margaret Apatiica as she captured this recent Inside view.
Dining out
By Gregg Schroeder

between Higuera and Marsh streets, Scrubby and Lloyd’s serves the best in diner delight. Sit at the counter to absorb the authentic hole-in-the-wall atmosphere or devour a stomacher burger on the patio.

•Golden China Restaurant: Those who are oriented toward Chinese food will love the Golden China at 672 Higuera St. If you have a yen for the hot and spicy, don’t miss the Mongolian beef.

•Chapter One: A real saloon — complete with sawdust on the floor and three dart boards (game equipment is available for purchase at the counter). Burgers, beer and wine are included on the menu and barbecues are featured on the weekends. Home of the Central Coast Dart Champion, the canteen is located in the Lucky shopping center on the Football Boulevard.

•The Spindles: Sandwiches and salads can be devoured at umbrella-covered tables on the patio that overlooks the creek and Mission. The walk-up style eatery, located in the Network mall on Higuera Street, also serves beer and wine coolers. Musicians perform Friday and Saturday afternoons, weather permitting.

•Scrubby and Lloyd’s Cafe: Tucked away on Carmel Street, this eatery, located in the Network Mall on Higuera Street, also offers nightly specials for lunch and dinner with brunch served on Sundays.

•Pete’s Place: For stuffed bell peppers, mountainous nACHOS and 45 different kinds of beer to choose from, head to the Creampiny shopping complex and look up Spiky’s Place. The hard spikes supporters are commemorated for their efforts with engraved plaques on the walls of fame.

Famous Hot Dogs:
How many meals could you create with a simple hot dog? Franks boasts 10 tube steaks aren’t the only eatables — various burgers are offered, too. The chili cheese dogs are a meal to remember.

•Shady Grove: Omelettes, salads, hamburgers and soups are among the items available at 1011 Higuera St. Patrons can dine inside at cloth-covered tables or on the creekside patio under the shade of Eucalyptus trees.

•Del Monte Cafe: Simplest times come alive again at this diner straight from the first few decades of the 20th century. Nestled in the old-Spanish section of San Luis Obispo at 1901 Santa Barbara St., Shady Grove offers the hearty, simple food that has satisfied many a weary traveler and laborer for generations.

•Hudson’s Grill: The newest of the new in downtown San Luis Obispo dining, Hudson’s Grill took the brake off the car theme and let it careen through the view from its garage door-sized windows. Ask your carhop for the championship “Hog Dog” (beef and milk).

•This Old House: With a history as long and dubious as the name, the diner serves homemade food and boasts a patio. Open seven days a week, 6 a.m. to 9 p.m.

•Café Roma: Considered by discriminating diners to be the creme de la creme for ambiance and good food, Café Roma serves the best Italian cuisine in town. Located in a century-old hotel at 1819 Osos St., Café Roma opens at 5:30 p.m. Tuesday through Saturday. Hudson’s Grill: The newest of the new in downtown San Luis Obispo dining, Hudson’s Grill took the brake off the car theme and let it careen through the view from its garage door-sized windows. Ask your carhop for the championship “Hog Dog” (beef and milk).

•Wine Street Inn: Located beneath the Network mall on Higuera Street, diners can share an intimate meal of fondue or roast beef and waffles at breakfast to lunch and dinner with brunch served on Sundays.

•Carmel Beach House: Seafood is the specialty in this converted early San Luis Obispo home — a great place for a romantic dinner for two (leave the folks at the motel). Be sure to leave room for the white chocolate mousse.

•The Cigar Factory: Dine in a real cigar factory from 1907. The Western-style fare includes barbecued steak and seafood, with a special liquor list and T-shirts for sale to those who brave the turkey nuts. Water served in incredible brights. Open for lunch and dinner with brunch served on Sundays.

•F. McLintock’s Saloon and Restaurant: Adjacent to the drinking establishment of the same name, the diner house serves homemade food and seafood dishes. Elegant surroundings. Desserts are on the table by 3 p.m. Open for lunch and dinner.

APPLE FARM: The bright, cheery atmosphere and hearty apple desserts are what locals seek when they head to Apple Farm. The menu includes a wide variety of dishes, from omelettes and waffles at breakfast to soups, sandwiches and salads at lunch and home-cooked dinners of chicken and dumplings, turkey roasts and beef ribs. Located at 735 Broad St., Apple Farm is open 7 a.m. to 9:30 p.m.

•This Old House: With a history as long and dubious as the name, the diner serves homemade food and boasts a patio. Open seven days a week, 6 a.m. to 9 p.m.

San Luis Obispo — the tourist center — provides a seemingly endless choice of dining spots for breakfast, lunch and dinner. The other San Luis Obispo — the hometown and college community — has its share of eateries, too. Following are the Mustang Daily’s twenty favorite food filling stations, divided into two categories: those for frequenting with fellow students and those to take parents when they visit (provided it’s Mom and Dad’s treat)!
Meet Dick and Jane. They’re Cal Poly students.

A portrait of two Cal Poly students ... not a pretty sight. When these two young scholars enrolled at Cal Poly it seemed to them a pretty average place to go to school — full of average people doing average things. So it seemed on the surface, anyway.

As average Cal Poly students, our heroes took average Cal Poly classes, earned average Cal Poly grades and — most important — committed average Cal Poly faux pas.
1. Library Etiquette

See Dick. Dick has homework to do. Dick is tired. Dick has decided to do his homework in the library. Dick has chosen a comfy chair to study in. Dick is relaxed. Dick’s eyelids are heavy. Dick wants to close his eyes for just a minute. Dick has fallen asleep while doing his homework in the library. The library is a public place. Public places have lots of people in them. Lots of people like to make fun of sleeping people—especially when their mouths are wide open. Soon Dick will wake up. Then Dick will be embarrassed.

2. Dining Dictates

Look at Jane. Jane is hungry. Jane is eating in the Snack Bar. Munch, munch, munch. Unfortunately, Jane thinks she is committing the unpardonable sin of (gasp) eating by herself. Poor Jane. Will she ever realize that dining alone is not equivalent to committing social suicide? Chances are good Jane fears she will never be able to get a meal partner again. Jane’s psyche will be marred for life and no doubt her unborn children will bear the scars of her college dining woes. When will Jane learn she is a big girl now and does not need a quorum to partake sustenance?

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Or call the El Corral Bookstore 546-1101 and we'll mail it to you. Please allow 4-6 weeks for delivery.
3. FOB Follies

Here is Dick. He had an appointment with his professor — four days ago. Fortunately, Dick was warned of the hazards that accompany a sojourn through the Faculty Office Building and was sufficiently outfitted: compass, all-weather pup-tent and sleeping bag, rope, crampons and other repelling equipment (in case he cannot find the elusive staircases), snake-bite kit and a two-week supply of C-rations. Poor Dick. Will he ever be able to discuss the fall of Rome and its impact on his Grade Point Average with his ancient (as in history) professor? Will some departmental secretary take pity on him and lead him out of the maze of offices or will he be left to roam the halls of Academia until he graduates?
5. Computer Connotations

Jane is downtrodden. Jane is taking a computer science class. Jane knows very little about computers. Actually, she knows nothing—nought, nada, zip, zero, zilch. Jane waited for hours to get a terminal. She finally got one—at 3 a.m. Then a miracle occurred—the lab cleared out. Hours later, Jane (who just figured out how to log on 15 minutes ago) realizes she has no idea how to even begin her assignment—and there is no one in the lab to help her. What will become of our dear Jane? Will she ever be able to walk away from her computer terminal, head held high—or will she be forced to forever wear the letter "A" (for "attempt")—set into a scarlet circle with a slash through it?

6. Purposeless Parental Paranoia

Dick is bothered. Dick is troubled. Dick is embarrassed, humiliated, nonplussed, demoralized and disconcerted. Dick's parents have come to visit him at Cal Poly and want to see what he does all day. Dick's parents want to see his dorm room. Dick's parents want to eat with him (and his friends) at the Dining Hall. Dick's parents want to sit in on all his classes and fully experience a day in the life of their beloved son. Dick wants to die. Dick's parents have taken over his life. Dick's father has brought his Kodak disc camera and is happily taking photos of Dick for the family photo album. Dick's mother has cleaned the dorm laundry room. Both of Dick's parents have called him by his childhood nickname (Daring Dick) in front of all his friends and the cutest girl in the dorms. Dick wants to start legal proceedings to disown his parents. Legal proceedings take a long time. Dick has decided to make his parents walk 10 paces behind him and wear grocery bags on their heads.
7. Presidential Palpitations

Jane is astonished. Jane's eyes are glazed, her knuckles are white and her knees are trembling. Jane has just had the surprise of her life. Jane thinks she has seen a ghost. No, Jane, you have not seen a ghost. You have seen Warren J. Baker. The president of the university, California Polytechnic State University, in San Luis Obispo, California, United States of America. Yes, Jane, there is a President Baker.
Best laid plans of students often times go awry

Andy at large

8:31 a.m. — Excused from test.
8:45 a.m. — Go to visit professor.
8:50 a.m. — Forgot map and compass. Lost in Faculty Office Building.
8:55 a.m. — Smoke from signal fire spotted by Cal Poly firemen.
9:00 a.m. — Firemen also hopelessly lost.
9:15 a.m. — Firemen figure out they can follow their hoses back to the truck.
9:30 a.m. — RTC commandos storm facility. All hostages rescued safely. Commandos suffer only two casualties.

Brought wrong notebook to speech class. Give my speech to explain why I can’t turn it in my homework. Prof. says “Good speech” and drops my homework score one grade.

8:45 a.m. — Doctors suggest treating me for something.
9:30 a.m. — I’m only three hundred years old, and I’m about to lose mine. Z-z-z-z-z...

10:00 a.m. — Frustrated, decide not to buy it.
10:05 a.m. — Begin calculating the major earthquake striking the area.

The day the way it really happens:

6:00 a.m. — Roommate’s alarm goes off.
6:05 a.m. — Roommate’s alarm still ringing.
6:20 a.m. — Roommate gets hit by high velocity tennis shoe.

3:36 a.m. — roommate gets hit by high velocity tennis shoe.

3:00 a.m. — Backpack strap breaks.
3:35 a.m. — Suspicions confirmed.

7:30 a.m. — I'm bummed. Wacky Walivalker toy missing from Froot Loops box. Suspect foul play by roommate.

2:55 p.m. — See Madonna video for third time in an hour.

8:10 a.m. — Prof. says “Good speech” and drops my homework score one grade.

12:00 a.m. — Study
11:00 a.m. — Finish reading Sports Illustrated.
10:30 a.m. — Finish reading Sociology textbook.
10:20 a.m. — Check out magazine rack.
10:00 a.m. — Go to bookstore to buy lab book.

7:30 a.m. — I’m bugged. Wacky Walivalker toy missing from Froot Loops box. Suspect foul play by roommate.

5:30 p.m. — Finish letter. Walk by TV lounge to see what's on.

9:30 a.m. — Study
8:55 a.m. — Smoke from signal fire spotted by Cal Poly firemen.

7:30 a.m. — I'm bugged. Wacky Walivalker toy missing from Froot Loops box. Suspect foul play by roommate.

4:00 p.m. — Z-z-z-z-z-z-z-z-z-

8:45 a.m. — Brought wrong notebook to speech class. Give my speech to explain why I can’t turn it in my homework. Prof. says “Good speech” and drops my homework score one grade.

6:30 a.m. — Wake up
6:40 a.m. — Backpack strap breaks.

8:50 a.m. — Forgot map and compass. Lost in Faculty Office Building.

2:50 p.m. — See Madonna video for third time in an hour.

9:45 a.m. — Doctors suggest treating me for something.
8:45 a.m. — Go to visit professor.

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**Dessert picks**

Mustang Daily scouts out the best (but no counting calories, please)

By Renee Shupe  

The quest for the perfect dessert is serious business in San Luis Obispo, but with the aid of this Mustang Daily guide to sweet eats, there’s no reason to miss out on the best treats in town.

• **Apple Farm:** In this country-style atmosphere major homemade apple pie or try the specialty of the house — piping hot and delicious apple dumplings, served with Apple Farm’s own cinnamon sauce and ice cream. Giant cinnamon rolls are also available along with savory house-made[i] and rhubarb pies, homemade cookies and brownies. Located at 2015 Monterey St.

• **Bakery Cafe:** Dine inside or out overlooking the creek at this cozy cafe at 1000 Broad St. and indulge in its specialty — fresh and flaky croissants. Fillings include chocolate, various fruit-fills, cream cheese and honey. The menu also offers an assortment of pastries and cookies.

• **Chocolate Soup:** For a rich dessert encounter go to the only place in town where the fare includes soup made from chocolate. The bowl of hot, thick chocolate pudding has a piece of rich chocolate cake floating in the center, topped with whipped cream, nuts and a cherry. Find this taste treat and others at 980 Morro St.

• **Cornucopia Creamery:** Experience one of 24 homemade ice creams served in crunchy waffle cones at this popular goodies shop located at 977 Foothill Blvd. (next to Burger King). Encounter Cornucopia’s favorite concoction, “creme-in,” which boasts 2 to 4 scoops of ice cream blended with one of eight toppings. Shakes, malts and sundaes are also offered.

• **Madonna Inn Coffee Shop:** For a more romantic atmosphere visit this comfortable little restaurant which lives up to all the glamour of the Madonna reputation. Satisfy your sweet tooth with a piece of the Madonna’s own eight-layer Black Forest cake, loaded with tons of whipped cream and chocolate. Cream and fruit pies are also made daily along with the best French pastries this side of Paris.

• **Marie Callender’s of Arroyo Grande:** For more than one person could put out, visit this family-style eatery at 840 Oak Park Rd., just off of Highway 101. More than 25 flavors of dreamy pies are baked daily, including peach, cream cheese, chocolate cream, peanut butter and German chocolate. Of course, if you want to be ordinary, try the apple. Make sure you have an appetite for this one, or else you’re sure to be carrying a doggy bag home.

• **Spice’s Place:** The dessert specialty of old Mexico has been revived in San Luis Obispo — deep-fried ice cream. Spice’s rolls up the flavor of the week in granola and Team flakes, deep fries it and tops it off with chocolate syrup and whipped cream. Dessert-lovers can also try the super-moist carrot cake or New York style cheesecake. In The Creamery, dine inside or out on the covered patio.

• **Sweeet’s Ice Cream:** This old-time favorite ice cream shop gives you a choice of 56 homemade flavors to choose from daily, ranging from vanilla to out-of-this-world caramel turtle fudge. Sundae fans from good ol’ hot fudge to the outrageous eight-scoop, eight-topping “Earthquake.” Still hungry? Take a chocolate-covered banana, a sticky-chewy chocolate bar or a gallon of your favorite flavor home. 728 Higuera St.

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The Rainbow
A movie theater known for diversity

By Stacy Herkert
Staff Writer

Whether you have a penchant for animated Czechoslovakian films or a hankering for spaghetti Westerns, you're sure to find it playing sometime at The Rainbow movie house on Osos Street. Like its name, The Rainbow offers a wide spectrum of films guaranteed to suit the taste of even the pickiest movie goers.

The Rainbow often features movies from around the world that can't be found playing anywhere else on the Central Coast, along with more commercially successful ones. "There are a lot of films of the non-Hollywood mode, ones that wouldn't be shown anywhere between Los Angeles and San Francisco," said owner Jim Dee. The Rainbow often features movies from around the world that can't be found playing anywhere else on the Central Coast, along with more commercially successful ones. "There are a lot of films of the non-Hollywood mode, ones that wouldn't be shown anywhere between Los Angeles and San Francisco," said owner Jim Dee.

"Our theater is very personal and we're hitting a lot of films that 90, or should I say 100 percent, of the other theaters in town wouldn't touch," said Dee. "We listen to our customers and their requests ... usually about 50 percent of our schedules reflect their suggestions."

Dee chooses what films will be shown on each month's schedule instead of having a booking agent.

"I pick all the films myself and I'm pretty sure we're the only theater that's booked locally," he said. "All the other theaters in town are probably booked out of some little office in Los Angeles."

No stranger to the Central Coast, Dee has lived in San Luis Obispo for more than twenty years and has seen the area expand and become more populated. "The area is changing so quickly, it's unbelievable ... incredible developments," he said. "When I came here there wasn't a McDonald's, Taco Bell or a Madonna Plaza."

Dee has made vast improvements in the theater since its opening in 1979. Last Christmas new carpeting and lighting was installed, and new seats for more comfortable viewing. A Dolby stereo system was also added to accommodate the new films released in stereo sound. "It's taken six years to get the theater where it is now and I'm pretty proud of it," he said.

Just like the unusual mixture of films shown at The Rainbow, there is also a wide variety of people who are attracted to its unique and non-commercial features. "There are certain films that you get a very mixed crowd, other times an older audience or parents with their children," said Dee.


We try to please everyone and in doing so get a very wide spectrum of people in here," said Dee. "I don't want to be called — and don't consider us — an art theater ... we do dabble in the esoteric stuff but we also try to bring in good mainstream movies."

No stranger to the Central Coast, Dee has lived in San Luis Obispo for more than twenty years and has seen the area expand and become more populated. "The area is changing so quickly, it's unbelievable ... incredible developments," he said. "When I came here there wasn't a McDonald's, Taco Bell or a Madonna Plaza."

Dee plans to keep The Rainbow the "exception rather than the rule" in movie viewing on the Central Coast.

"We'll try to stay provocative and interesting, not ordinary, and listen to what people want to see."
Cal Poly Theatre features plays, concerts

By Margaret Barrett

The Cal Poly Theatre season offers a wide variety of entertainment for students and members of the community.

Each quarter, productions are presented in the theater each year. Peter Wilt, theatre manager, said the plays to be performed are usually chosen early in the summer. Many factors must be considered when deciding which plays will be chosen, including student appeal and the availability of royalties, costumes and building materials.

Students involved in the decision process also want to give the audience and the students a sample of different kinds of theater such as comedies, dramas and musicals.

"This gives students an opportunity to do everything in order to see what their theatrical background is," said Wilt.

The fall production in the musical comedy "Guys and Dolls." The plays open on Thursday, Nov. 7 for six performances.

Roger Kenin, head of the theatre and dance department, will direct the award-winning musical, described as a "jazz musical on the radio" set in New York City during the Great Depression.

Other personnel working on the production include costume and lighting designer Russ Whaley, musical director Thomas David, technical director Howard Gee, choreographer Alison Korn and costume designer Robert A. Colbin Jr., art major and first-year student in the theatre program.

"Guys and Dolls" is slated for fall quarter.

Wilt said auditions will be held on Tuesday and Wednesday, Sept. 24 and 25 from 7 to 11 p.m. in room 212 of the Music Building. He said students should be prepared to sing a musical number from the play, participate in a dance number and read from the script. Copies of the script will be on reserve at the Robert E. Kennedy Library beginning on Monday, Sept. 16. The winter production will be "The Secret Affairs of Mildred Wild," a comedy by Paul Zindel about one woman's obsession with film fantasies. The play will have three performances beginning on Thursday, Feb. 20.

The spring production will be "Ain't Misbehavin," a Tony award-winning musical. Goe said this play was chosen partly from a request of the Instructional Related Activities board, which subsidizes different campus activities including the theatre, to present a play that was addressed toward the needs of minority students on campus.

Goe said plays with Mexican American and black casts and themes were reviewed. "Ain't Misbehavin," which is based on the life of Fats Waller with an all black cast, was chosen because of its popularity and economic viability. "Ain't Misbehavin" really fits our major," added Wilt.

Cal Poly's KCFPR-FM is truly the "sound alternative"

By Michael Finasche

The 16th production of the fall quarter, "Surf 1012," is the musical comedy "Guys and Dolls." The plays open on Thursday, Nov. 7 for six performances.

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#### DIVERSIONS

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#### Sun and sand

What could be a more welcome study break than a few hours or less (the whole weekend) at the beach? We’ll give you a rundown on area beaches.

#### Cheap fun

It doesn’t take a lot of money to have a good time in San Luis Obsipo — especially if you use a little imagination.

#### Water follies

Lopez Lake offers a variety of water sports to help cool off on those hot days, including windsurfing and water slides.

#### Climb a rock

The San Luis Obispo area offers both the amateur and more experienced rock and mountain climbers a chance to show off their skills.

#### Green machine

The Cal Poly football team looks to another season as they face some tough opponents early on.

#### Spike supreme

The Cal Poly women’s volleyball team looks toward what could turn out to be the “dream season.”

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Central Coast beaches offer a lot more than just sand and surf. Within an hour and a half drive from Cal Poly, either north or south, students can travel to beaches which offer a variety of activities for beach-goers.

"Anybody who likes the beach and comes to Cal Poly — they get it made. There's a lot of primitive beach here," said Charles "Wink" Russell, a scuba instructor at Cal Poly and owner of the Sea Wink, a scuba and fishing equipment store in Pismo Beach.

Campers or those looking for what Russell calls one of the best deposits of California jade should travel the 60 miles to Jade Cove, a beach north of San Simeon near the town of Cambria in Monterey County. Plaskett Creek campground is nearby for those who want to spend a few days exploring the cliffs and tide pools. This is not a beach for sunbathing as there is not much sand but rather rock and gravel. Access to Jade Beach includes switchbacking down a cliff. Driving south on Highway 1, one will come to Sand Dollar Beach where streams flow down mountains right onto the beach. Trout fishermen will enjoy this beach as the streams have steel head runs. The long white sandy beach is perfect for sunbathers. Waves are not too treacherous for body surfers and sail boarders during the summer, and a good winter break provides bigger waves for surfers. Wild flowers grow from Sand Dollar Beach to Cambria, enveloping the coast in color. The nearest campground is Plaskett Creek at Jade Cove, and Salmon Creek is nearby for those who like to hike and backpack.

Continuing south toward Cal Poly, the beach-goer will find San Simeon State Beach a pleasant stop. After a tour at Hearst Castle, which is just across Highway 1, visitors can spend a relaxing afternoon on the white sandy beach. People who like rocky beaches and viewing tide pools will want to visit Moonstone Beach State Park on the north boundary of Cambria. A good spot for launching sailboards and small aluminum boats because of its easy access off of Highway 1, Moonstone Beach also provides areas for rock fishing, which is done by climbing onto rocks and prodding into the crevices. Russell said surf and some of the best rock fishing in the county is possible from San Simeon to Moonstone Beach.

Moonstone Beach is more rock and gravel than sand, but there are some sandy areas. Because of the easy access, it is a good beach for both free and scuba diving. Avila Beach in Cayucos is the next stop traveling south on Highway 1. The long beach is known for soft white sand and poor weather in the summer, Russell said. In winter, the weather is not as overcast. People enjoy surfing, body surfing and surf fishing. One beach-goer, Amy Carmack, 12, likes Boogie boarding best. "I go to Avila sometimes but the waves are too wimpy. They are like wuss waves," she said.

Surfers might like the beach at Cayucos but the beach at Morro Rock is the place for really hot surfing, Russell said. Because of an almost constant break, intermediate and advanced surfers travel to the rock during the winter. The waves come down a bit in size during the summer, so beginners can also enjoy the warmth of the waters released from a nearby Pacific Gas & Electric plant. Garry Red, 17, said he goes to "the rock" about 4 or 5 days a week during the summer. He likes the warm water and the waves. "This place is pretty good, but the reef breaks are usually bigger at the north end of Atascadero Beach (during the summer)," he said.

Driving low tide at least three species of clams can be gathered legally inside the mud flats at the back of Morro Bay, Russell said. People can "taxi" ride over to the mud flats, he said. The bay is also a reserve for two endangered species: the bachelor otter and peregrine falcon.

Montana de Oro State Park is the next stop along the beach trail. Driving south on Highway 1, the traveler must veer off at the Baywood Park-Los Osos exit and drive through Los Osos on the way to the beach. The main beach has sand with some pebbles but it is also equipped with picnic tables and portable bathrooms. Beachgoers can hike to little beaches such as Spooner's Cove or sit on the cliffs overlooking the water. Hazard's Canyon is "one of the hottest surfing places in the county" according to Russell. The beach just north of Hazard's Beach is where many students go to sand ski.

The beaches at Montana de Oro are also good places for rock collectors as semi-precious stones can be found there. Inflatable boats for those interested in diving can also be launched at Montana de Oro beaches. Russell said he unfortunately finds beer cans in the water when he dives.

Most of the sunny weather is during November and...
Cheap’s the word
By Stacy Herkert

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Nothing in life is free, but with a little imagination and a small amount of cash anything is possible. There are a variety of activities to keep students entertained without straining your purse strings:

1. You don’t have to travel to Europe or even Napa Valley to experience quality winemaking. Get a group of friends together and take a tour of area wineries and vineyards. If each person pitches in a few dollars a group can rent a limousine fully equipped with a television-VCR to take on a wine tour of the Central Coast in style. The problem of who is going to drive home from the expedition is also eliminated. Many of the vineyards also have picnic areas, so bring a sack lunch along (and a few aspirins).

2. Why not explore the fascinating world of energy by taking a free tour to the Diablo Canyon Nuclear Power Plant? Tours are at 10 a.m. and 2 p.m. daily. The Energy Information Center is located seven miles south of San Luis Obispo on Highway 101, near San Luis Bay Drive. Admission is free and hours are Wednesday through Sunday 10 a.m. to 4 p.m. Some of the artifacts include items from the Spanish-California ranch period and the turn-of-the-century. Afterwards visit the County Historical Museum on the corner of Broad and Monterey streets. Admission is free and hours are Wednesday through Sunday 10 a.m. to 4 p.m. The museum includes a museum featuring religious papers, Indian relics and old California photographs. If it’s a beautiful day outside why not exercise while enjoying the scenery? The Central Coast has some beautiful and diverse recreational facilities. Take a hike or jog through Poly Canyon with its winding roads, beautiful trees and unexplored paths. Bicycles to Avila Beach and spend the day reading a favorite novel, playing a casual volleyball game or taking windsurfing lessons.

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The Mustang Water Slides at the Lopez Lake Recreational Area offer a relatively cheap way to have some fun in the sun.
Get wet and wild at Lopez Lake

By Lisa A. Hoek

Watersports aren't over just because summer is — especially at Lopez Lake, where windsurfing and water slides can create a day or weekend full of sun and fun when the studies are done.

The Escape Route, located in the University Union, is the place to go to find out about windsurfing, while Lopez Lake is the only place to go to find water slides.

The sailboard program at the Escape Route started in July, but now is completely organized and ready for any beginning, intermediate and advanced windsurfers to become part of the program and try out the six rental sailboards. Each sailboard is 12 feet, 6 inches long, with a 5.3 meter Mylar sail.

Since the Escape Route is a volunteer-run organization which serves the students, staff and alumni of Cal Poly in outdoor recreation and equipment rentals, students who learn to windsurf and rent the boards through the program are encouraged to work as clerks in the Escape Route for a few hours a week.

"Clerking is a good deal because the clerks get a 25 percent discount on the rental sailboards, a 50 percent discount on the repair equipment, and wholesale prices to buy new equipment," said Craig Allen, an escape Route clerk and sailboard instructor.

The sailboard training sessions for beginners will be held at least once a week on Monday and Thursday evenings from 3 p.m. to 6:30 p.m. at Lopez Lake. The Escape Route is charging $7 for each training session, said Allen, who just want to rent the boards must attend one of three outings to be approved by the Escape Route instructors. "We want people to become familiar with our rental procedures and equipment with our boards, so that our program as well as our sailboards last," Allen said.

A small written test about windsurfing may be taken when a student comes to rent a sailboard for the first time. If this test is passed and approved by one of the certified instructors at the Escape Route, then that student's name is filed and the board is good until the student leaves Cal Poly.

Rates for renting the sailboards are $45 Friday through Monday, and $35 Tuesday through Thursday, plus a refundable cleaning deposit on all rentals. Students interested in renting the sailboards should call the Escape Route at 546-1267 for information.

"People can enjoy a wild but safe ride," said Todd Dolezal.

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"The lake is a great place to meet girls and guys," Allen said. "Rent a board and catch some looks and some wind!"

Another great place to meet people in the water is at the Mustang Water Slides and Hot Springs at Lopez Lake. The slides offer two cool, twisting and exhilarating water slides to go down, and four steamy jacuzzis (hot springs) in which to sit in and relax.

The water slides are open during Week of Welcome and will be open on the weekends through October as long as the good weather holds out. The price is $4 for 45 minutes, which includes the use of both slides and four jacuzzis. "Development and storage area is provided.

A "wet" slide attendant will outline a number of rules before each person is allowed to enter the slide area, and attendants are stationed at the top and bottom of each slide and in the janitori area for safety precautions.

"The slides offer a thrill for all ages and as long as everyone follows our rules people can enjoy a wild but safe ride," said Todd Dolezal, manager of the Mustang Water Slides and Hot Springs.

Every person who pays to get in receives a mat to watch out for is the little kids, because some of the parents and older kids start having so much fun, they forget about the little ones," said Clark Bowers, assistant manager.

Discounts are available for groups of 50 or more, so the more people the better," said Dolezal.

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**Cambria**

Safely shops, art galleries and beachside parks are a few Central Coast surprises nestled in Cambria — “Where the Pines meet the Sea” — 33 miles north of San Luis Obispo off Highway 1.

Originally settled in the early 1860s when William Leffingwell built the first sawmill in the area (now the site of Leffingwell Landing picnic grounds at Moonstone Beach). Cambria became the major seaport and whaling station on the Central Coast and an active center of mining, dairy farming, lumbering and ranching by the 1880s. It has since been divided into two distinct parts — East Village (Old Town) and West Village.

Main Street of West Cambria is lined with shops offering treasures ranging from handcrafted rugs and antique jewelry (Old Town) and West Village. Distinct parts — East Village

Captain is also known, seems to have garnered all the materials glass and other found objects he used to create his home from crafted rugs and antique jewelry (Old Town) and West Village.

Harmony


The two-acre town has a restaurant, post office, pottery shop, art gallery and wedding chapel. “A large part of my day is spent giving people directions,” said Dave Sprague, postmaster of Harmony. “We get a lot of tourists who are traveling to Hearst Castle, but that’s about it.”

The town of Harmony, founded in 1869, grew up around a dairy. In the early days bitter rivalries among the dairy farmers caused chaos in the valley. After one shooting death, a truce was called and all agreed to live in peace and harmony, thus the name of the town was derived. Before 1907 the creamery changed hands several times before M.H. Salmina established the Harmony Valley Cooperative Dairy, said Jim and Kay Lawrence, owners of Harmony.

The town of Harmony prospered with the business, handling a large residence for the management, bunkhouses and a mess hall for the employees. There was also a general store, a livery and stable, blacksmith, feed store, post office and a schoolhouse.

“We bought the town in a weak moment,” said Jim Lawrence. “We didn’t realize the ramifications when we purchased it.” Lawrence and his wife said owning a town is a seven day a week job that requires more than they ever could have imagined.

The goal of the owners is to establish an identity for Harmony. “We are known for the restaurant and working artists,” said Lawrence. “But we’d like to increase our business.”

Although the population is only 18 according to the 1970 census, there are 85 people all over the county who rent post office boxes in Harmony. “It’s cheap and people like having the Harmony postmark on their letters,” said Sprague. “But we may lose some soon, as the box fee will be raised next month.”

Sixty percent of the income in Harmony is generated by the

**Flamingos are an attraction at the Charles Paddock Zoo in Atascadero.**
Terre, the free admission in-gateway to Santa Margarita October, the "Fall Festival of Gardens Park opens its museum to the public in late October. The park, complete with acres of grounds, offers a variety of activities for Central Coast residents.

One attraction in the Charles Paddock Zoo is the 1,068-acre Atascadero Lake Park just off Highway 101, a favorite spot for camping and fishing. Two lakes northwest of Paso Robles offer camping, fishing, boating, swimming, water skiing and hiking. Lake San Antonio is 55 miles from San Luis Obispo and has year-round facilities for camping and fishing. Lake Nacimiento, with a surface area of 5,380 acres, is 17 miles from Paso Robles.

The history of Paso Robles is evident in Mission San Miguel, north of the city. Founded in 1797, the mission has been preserved for tourists 10 a.m. to 3 p.m. daily. Other historical sites include the Estrella Adobe Church and the Rios-Caledonia Adobe, an old judge's house between San Francisco and Los Angeles. Doll collectors will be amazed at the antique doll museum along Highway 101 north of the city.

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Cal Poly Students:

The Cal Poly Campus is committed to energy conservation in many ways. Whether it is setting back thermostats in the winter, taking shorter showers, or simply turning off lights when not in use, conservation is a big part of student life in San Luis Obispo.

There are several campus energy conservation programs which affect you!

Residence Hall Students:
- Six-month conservation competition between halls to reduce energy use, many large cash and food prizes are awarded!
- Hall government elections: you can become involved in the contest by running for "Vice-President of Sustainability" or "Energy Conservation Intern," depending on your Hall. This position will give you the opportunity to meet many new people through fun activities such as pizza feeds, power plant tours, and barbecues.

Fraternity and Sorority Members:
- Six-month conservation competition between Greek Houses (separate divisions for fraternities and sororities), large cash and food prizes are awarded.
- PG&E Intern program: become an integral part of your house's success in the competition. It's a great way to meet other Greeks through lots of fun activities, and it's a titled position for resumes.
- House-improvement information is available on weather-stripping, insulation, low-flow showerheads, ZIP Loans, and much more.

Apartment or House Residents:
- Provide information on many ways to save energy in your home or apartment.
- Answer questions about your PG&E bill.
- Provide research paper or project information on energy-related topics.

Your PG&E Campus Representatives are here to offer you the above services. We're full-time students just like you, working to promote the conservation message throughout the student community. We're here to help. Call Rick Draeger and Susan Pockrandt at 546-8651.

WELCOME TO THE 1985-86 SCHOOL YEAR!

Cal Poly Beaches:

When not in use, conservation is a big part of student life in San Luis Obispo. With many large cash and food prizes awarded, and the opportunity to meet many new people through fun activities such as pizza feeds, power plant tours, and barbecues, conservation is a big part of student life in San Luis Obispo.

Everyone Can Be A Conservation Winner!
Take a hike

By Michael Flascene

San Luis Obispo County offers a multitude of outdoor recreational activities for nature lovers, including hiking and climbing. Although serious climbers can take on the challenges of some of the outcrops along the coast, there are several less strenuous hikes nearby for the average outdoorsman.

Erroneously referred to as the "Seven Sisters," the most striking of dozens of magmatic plugs in the area form a dragon's back off features which extend from Islay Peak in San Luis Obispo to Morro Rock, some 15 miles north. "The Rock" is the only one of the area peaks which is strictly off-limits to hikers. Due to nests of endangered peregrine falcons, and other rare species, Morro Rock is a state ecological preserve. Trespassers are subject to stiff fines and potential jail terms.

Next in line is Black Hill and, since it is entirely within state park property, it is the most accessible of all the peaks. Besides legal access, hikers at Black Hill can drive very near to the top of the 661-foot peak before they even get their boots dirty. The view of Morro Bay and the adjacent estuary is more than worth the 15 to 20 minutes it takes to get to the top.

Snow skiers probably see a beautiful bowl when they get a look at Cerro Cabrillo, next in line to Black Hill and just west of Highway 1. The formation is created by a joined pair of peaks which is carpeted with the green scrub bushes common to this area.

Granite Stairway Mountaineering shop manager Carne Lowgren said it is best to climb Cabrillo from the northern side, since that part of the peak is state property and the other is privately-owned. Perhaps most imposing at nearly 1,600 feet, Hollister Peak is a popular and challenging climb. Besides the dangers inherent in tackling the geological standout, hikers should be aware that the land around the peak is not for public use.

"If you try to do some serious rock climbing on Hollister you might get shot at," Lowgren warned.

Instead of trespassing, hikers are advised to approach Hollister from the highest point of Turri Road which runs along the west side of the peak. Even from there, hikers should respect the land on which they tread.

Lisa Myrick of the U.S. Forest Service said, "The National Forests manual we go by recommends that if people want to cross lines of private property, they should first get the owner's permission." Another standard Myrick cited came from the book California Coastal Trails. "It says if you go into private property you shouldn't camp, make fires or disturb livestock," she said. Closer to San Luis Obispo, Chumash Peak and Cerro Romualdo are two of the easier climbs, Lowgren said. Much more challenging and more frequently scaled is Bishop Peak.

The best approach to this popular peak is to park near the end of Highland Drive and then head up, Lowgren said. In his experience the owners have been "no problem," he said, and have allowed technical climbing on some of the sheer faces.

Cerro San Luis Obispo (incorrectly known as Madonna Mountain) has a road gouged into its sides which makes for an easy climb.

According to Lowgren, the best seasons to climb the peaks are winter and spring because of the cool weather. Summer may be the worst time because of the heat and poison oak, he said. At all times hikers are urged to use caution, and respect both nature and its temporary owners.

Photos by Pete Brady
Flying high

By Brenda Bieke

Whether satiating a curiosity or fulfilling a lifelong dream, students are learning the sky's the limit.

"I've trained a lot of students from Cal Poly," said Coastal Air flight instructor Mike Harrison. "Probably half the people we have here are students.

The aviation firm, located at San Luis Obispo County airport, caters to different interests through its ground school, air school and rentals. "We offer ground school so those who aren't quite sure they actually want to learn to fly or can't afford the flying lessons can investigate it," said Harrison.

Ground school consists of an ongoing 10-week program with two-hour classes held one night a week. "You can start, say, in the tenth week, then go back to the first few lessons," said Harrison.

"I was born a pilot," he joked. "I started flying when I was 15 years old; I wanted to be a pilot for scenic flying and aerial photography.

"I've trained a lot of students from Cal Poly," said Harrison.

Coastal Air instructor Mike Harrison shows off the firm's Cessna 182 to a flight student.

"I was born a pilot," he said. "I started flying when I was 15 years old; I wanted to be a pilot for scenic flying and aerial photography.

"I've trained a lot of students from Cal Poly," said Harrison.

"Ground school gives you everything you need to pass the Federal Aviation Administration's written test," he said. Harrison sees some curious people come to ground school before they are sure they want to take flying lessons. "It boosts their interest, they can see if they want to learn to fly," he said.

Through the air school, students can obtain a solo license, which restricts the pilot to flying alone, and a private pilot's license, which requires a minimum of 40 hours of training in specific maneuvers.

Coastal Air has been in the community 10 years, the last three under new ownership. Harrison is the only full time instructor. Two part-time instructors and the charter pilots make up the rest of the flying crew, with Bill Underwood in charge of the flight department.

Harrison, who has been flying half his life, said he'd wanted to fly as long as he can remember.

"I was born a pilot," he joked. "I started flying when I was 15 years old; I wanted to be a pilot for scenic flying and aerial photography.

"I've trained a lot of students from Cal Poly," said Harrison.

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CITIES

From page 7

1875, is suspended approximately by 40 feet above the creek bed. There are also many shops to visit and a stop at the Ice Cream Parlor is a must before you leave town.

"Lopez Lake and Recreational Area: Situated in the valleys and on the hill regions of one of the most beautiful areas of California, Lopez Lake features two 600-foot curving water slides and four bubbling spas. All water sports are permitted, such as swimming, boating, water-skiing, windsurfing and fishing. Horseback riding and hiking trails are also available. Located just north of Arroyo Grande off Lopez Drive.

"Nipomo: For a day out in the sun without going to the beach try strawberry or raspberry picking at Kaminska Farms of Nipomo. Foredays you can take home boxes of fresh fruit to enjoy for weeks. Open Thursday through Sunday. Located April to November. The Nipomo Swopeners offers a fun yet inexpensive day of shopping in the outdoors. Unusual crafts, gifts and everyday items are for sale at bargain prices. Open Friday through Sunday, the swap meet is located off Highway 101, Lopez Drive exit.

"Oceano: The sand dunes of Oceano, often used for filming of movies and television shows, are great for ATC riding, dune buggy, picnics and hiking. Near the Pier Avenue beach ramp are two shops that have hourly rentals of ATC's and dune buggies.

The Lively Stable of Oceano offers hourly rates for horseback riding on the beach or on private trails. Open daily, guides are not mandatory.

The Great American Melodramas and Vaudeville Company offers a variety of romantic action-packed shows, complete with crashing bathub shop, flash can-can girls and sweat-drenched coverlids. For schedules and tickets visit local record stores.

"Coastal Air offers charter flights. A two hour rondtrip to and from Mammouth, in a five passenger Cessna 310, for example, costs $500. "If you divide that by five friends, that's only $100 each," said Harrison.

The company has a variety of small planes including the Cessna 152, which Harrison said is made for training—"it's bugy and it's slow"—the Cessna 172, one warrior, the Archer and the Cardinal R-G. It also has two twin engine airplanes, the Cessna 310 and the 340, which are available for charter only.
Mustangs begin season with tough opponents
Division I Fresno State, Two Division II finalists in first four games

By David Kraft

Back in late August, Cal Poly head football coach Jim Sanderson was pleasantly surprised at the strength of his troops, ten of whom bench pressed over 400 pounds. But midway through the season, the flipped drills a day later, Sanderson yelled encouragement and then stepped back and smiled. "We're ready to go," Sanderson said. "It's been a very positive camp so far. Let's get it started."

The Mustangs actually started nine days ago, playing host to North Dakota State, a squad which reached the NCAA Division II finals a year ago. Last Saturday, Cal Poly met Hayward State, which finished 9-2 last season. This Saturday night, the Mustangs host to two foes for the traditional matchup with the Division I Builders before 25,000 fans in the Red Wave.

For a breather in two weeks, the Mustangs entertain UC Davis, a Division II finalist two years ago and once again, the Aggies lost to North Dakota State 31-23 in the first round of the playoffs last season.

Not exactly a day at the beach for Sanderson and the Mustangs, but the coach wouldn't have it any other way.

"We're the ones who wanted to play the toughest schedule," Sanderson said. "It's about as difficult as you can get.

But Sanderson is confident that his team is "strong" enough to handle the toughest Mustang tests. In fact, the Mustangs travel to Fresno State, Two Division II finalists in first four games, for the traditional matchup with the traditional Power Five.

"It's about as difficult as you can get. It's a long journey, but we're ready," Sanderson said.

Sanderson has been impressed with 180 pound running back Jim Gibson, who sat out last season with a shoulder injury. Gibson will probably be teamed with either Joey Kolins or Paulo Puslaj, the two leading Mustang fullbacks.

The tight end position is wide open, Sanderson said, as three players are battling to fill the spot left by departed All-American Johnson. Jim Hawkins, a converted fullback, Gary Longe, a former linebacker, and Adam Gross, who played quarterback at San Luis Obispo High School, are all in the running. All three could be playing time. As clouded as the tight end picture is, the wide receiver spots for the Mustangs are loaded with returning talent. Sheldon Moore and Lance Martin, the starters of a year ago, are back, as are reserve Clark Sorenson and red-shirt freshman Heath Owens. All can fly. Sanderson also calls wide receiver his best recruited position, with three talented prepsters waiting in the wings.

The offensive line will be supported by the broad shoulders of two-time All-Western Football Conference pick Sal Ceasario and 300-pounder Eric Tautolo. Ceasario is solid, and Tautolo lost nearly 50 pound during the off-season from his 325 pound frame. Kirk Anderson will start at guard after gaining 25 pounds on his 6-9 body, and Herb Smith will try to replace three-year starter Brian Moore at center.

Defensive Cal Poly had the top Division II defense in 1984, and there's no reason to think the Mustangs will give up chunks of yardage this season, especially through the air. Cal Poly has two top-flight cornerbacks returning in seniors Greg Thompson and Kenny Stanley. Thompson had two interceptions a year ago, while Stanley picked off six. Both will be relied upon heavily in the Mustangs' defensive scheme, which places pressure on the corners.

The linebacking corps is also solid, even with the loss of two-time WFC Most Valuable Player Gary Swanson. Rich Bonneman will head the backers, who impressed Sanderson with their Mustang test scores. In fact, the entire linebacking and defensive back corps bench press over 300 pounds. Cal Poly hopes it will be buyer beware on any purchases over the middle. The defensive line is the squad's biggest question mark, according to Sanderson.

"We've got to find a couple of defensive tackles," he said, "That's the biggest concern on our football team. We've got to find someone to fill the gap left by Pepe (Prad'home) and Don Gibson." Both Prad'home and Gibson were in National Football League training camps this fall.
Poly women running for fourth straight X Country title

By Brenda Bteike

Five of the seven All-Americans who won the NCAA Division II national championship last season for the Cal Poly women's cross country team will return this fall to head another winning team, said head coach Lance Harter.

"If we keep them healthy they'll win the national championship," said assistant coach John Rembao.

The top five of 1984's winning crew will be joined by five other returning lettermen and two incoming freshmen this fall. Senior Jennifer Dunn, who placed ninth in last year's NCAA championships, is a key athlete to watch in the 1985 season, according to Harter. "She has great experience and great talent," he said.

Lori Lopez and Gladys Pireur, both top ten finishers in the 1984 season, according to Harter. "She has great experience and great talent," he said.

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The eligibility of another key team member awaits a ruling by the NCAA. Robin Root, who placed second nationally last year is currently in Kobe, Japan at the World University Games. "If she comes in with us this year we'll be unstoppable," said Harter.

The team goes to training camp in Carmel on Sept. 14 before heading straight to Fresno six days later to kick off the 1985 season. The Mustangs will compete against 15 teams Sept. 21 at the Fresno Invitational.

Although the team is Division II, everyone chases us," he said.

Cal Poly's prime competition on the West Coast traditionally comes from Oregon State and Stanford, said the Cal Poly coach. Stanford is one of the preseason favorites to win the national Division I NCAA championship. The Cardinal is also the only major competitor which Cal Poly has not beaten, said Harter.

In the last six years we've won every conference and regional title and three national championships the last three years in a row (in Division III)" said Harter.

The Cal Poly team is also ranked in the top five teams in the United States in either division. "We've been ranked as high as number one in the nation and we've always been in the top 10," said Harter.

Harter, who has been the team's coach and athlete is one reason the Mustangs for a sixth season, according to head coach Wolfgang Gartner.

"We'll be playing San Diego State, which is ranked in the top 20 in the nation," said Gartner. "They are the top of the west followed by Fresno State and U.C Santa Barbara."

Two other Division I teams that the Mustangs will be playing are Stanford and UC Irvine, added Gartner. "We've been great competitors with both teams," he said.

"The bottom line is shooting," said Gartner. "We'll be playing both teams, and with more money than you lose and this season, we make sure it says on course,'"

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Rec Sports activities

By Lisa A. Hook

The recreational sports office is offering a lineup of fall programs, ranging from touch football to triathlon training, volleyball to yoga and sign language.

Marcy Snodgrass, the recreational sports coordinator, encourages all new and old students to stop by the office in the corner of the University Union 119 to sign up for a team or just pick up the recreation schedule there.

All the recreation programs offer a variety of scheduling times so students can break up their class routines to relax and have some fun. Intramural team sports, open recreation, Ongoing Access to Recreation and Sports (OARS activities), special events and leisure classes are the five main programs offered by the recreational sports office.

The intramural team sports for fall are touch football, volleyball and soccer, and as soon as the teams sign up, they are organized into leagues to play once a week for five weeks. Snodgrass said that typically people in the dorms get together and form a team, and once the team is signed up, they should attend the organizational meeting for team sports held on the second Wednesday of classes. At the meeting, rules, sign up procedures, deadlines and entry fees will be discussed, and once the lists of team players and entries are turned in that Wednesday, the teams will start playing the second weekend of school.

Another way to become part of a team is to come to the independents meeting also held on the second Monday of classes, and this meeting is for those students wishing to join a team. The teams are self-coached and informally structured, but the sports are affiliated, as the games are mostly in the evenings and on weekends.

Open recreation involves the use of all the recreational sports facilities, which means the main gym, weightrooms, swimming pools, racquetball and tennis courts will be open to the students, faculty and staff. Students need to bring their identification cards to the facilities to get in and check out equipment, and the best way to find out the open recreation hours for the week is by picking up a schedule sheet at the office or call the recreational sports office.

See REC, page 14.

SOCCER

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engineering major Jeff Meyer.
"He was the MVP for Cal Poly soccer in 1984 and he was chosen for the all-CCAA 1st-team and all-NCAA Western Region," Gartner said.

Meyer, a midfielder, will be teamed up with midfielders Dave Shively who was the second highest scorer last season, following Meyer. The two other returning players are seniors Eric Crozier and Mike Williams. "Eric and Mike will anchor the defense," said Gartner.

"We have alot of returning starters and we look strong," said Crozier, a senior construction management major.
"Everybody knows how everybody else plays which helps to keep the team in control."

Crozier feels that there is alot of competition for positions and that the reserves are going to be strong. The team will not have to worry about weak substitutions.

There were 42 people out at the first practice said Gartner. "I will keep about 30 people. Eighteen will suit up and I'll keep ten freshmen who have talent."" Once you understand him you use a different coaching style that takes getting used to, but once you understand him you appreciate his ways."

Williams says that Gartner gets the point across without being a drill sergeant. "We don't have expectations he expects you to fulfill, but try not like a brother. If you don't do what he wants he straightens you out but not in a mean way."

Because the system is a non-scholarship system it is difficult for some to adjust. But William says that the players this year have a better attitude and they are out there to play. "They're not cut out here because of the status," he said.
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From page 13
HOTLINE at 546-1447. This number will also let you know about any changes in schedules and facility hours.
Reservations for the tennis and racquetball courts are accepted one day in advance and students should pick up their reservation slips when they come to play.
The Ongoing Access to Recreation and Sports (OARS) program is geared towards disabled students at Cal Poly and people in the county, and schedules for these special fall activities can also be picked up at the recreational sports office.
Another program connected with the recreational sports office is the "special events activities", in which the students in the recreation sports programming class help plan and put on special events such as tennis and racquetball tournaments and fun runs. Students organize the events and see the actual turnout and participation of their peers.
The newest program of recreational sports is the leisure classes, which began last year and have been very successful, said leisure class coordinator Laura Barney. Some of the classes scheduled for fall include aerobics, jazzercise, triathlon training, yoga, sign language, guitar, bridge and conditioning.
The leisure classes usually cost about $20 for six weeks of instruction. Registration starts the first week of school, and students can attend the first class for free so they can check the class out before paying. Barney is also looking to hire any students who are qualified to teach some leisure classes.
The recreational sports office is open from 8 a.m. to 5 p.m., Monday through Friday, with schedules and flyers of all the events, activities and classes posted and ready for taking.

Do you know who to call for an on-campus emergency?
2222
Poly PCAA team to beat
Wilton hopes off-season work pays off

By Lisa A. Houk

When 10 women eat, sleep and play volleyball all year round, the nation is bound to notice.

Last year, the Cal Poly women’s volleyball team earned the nation’s number one ranking for three weeks. In 1985, the Lady Mustangs have the confidence and talent to capture the nation’s attention for the entire season.

Head Coach Mike Wilton, who holds an impressive 182-76 seven-year career record at Cal Poly, and his Lady Mustangs, were voted the team to beat by the coaches in the Pacific Coast Athletic Association Conference.

Although Cal Poly was picked to win the conference, the race for the top spot will be close as Cal Poly received 74 points and five first-place votes during the coaches’ balloting at the PCAA media day, edging the University of California, Los Angeles men’s volleyball team ranked second with 72 points and four first-place votes.

“Volleyball is a high-skill sport, and like any other sport, burn out is always possible,” Wilton said. “But with seven veterans and three new players, this team is hungry.”

This year’s team will have to take an edge for victory, since the PCAA is now considered the strongest volleyball conference in America with the likes of University of Pacific, Hawaii, San Diego State, UC Santa Barbara, Cal State Fullerton, Cal State Long Beach, UC Irvine and Nevada Las Vegas.

The women’s volleyball team holds an impressive 182-76 year in the Northwest Regional,” Wilton said, “and the Mustangs were on their home court Fresno State unexpectedly knocked Cal Poly out of the first round of the NCAA Northwest Regional in five tough games.

With seven veterans and five starters returning, avenging that loss is only one of the many goals the 1985 team has set. This year’s roster contains no less than five All-American candidates with Kelly Strand, Ellen Baghstorp and Carol Tschasar, as well as All-Conference setter Dele Bodnar and Lynn Knodel.

Add the veterans Vera Pendergast and Claudia Hemmerich, and the new talents of Erin Delores, Sharon Gartland and Laura Martin, and the NCAA title becomes a very realistic goal for these Lady Mustangs.

Wilton: “My players are working hard all year round, and this type of dedication tells me which team wants it all.”

Imagine playing volleyball so much that breakfast, lunch, dinner and sleep have to be scheduled around the sport. This is the type of lifestyle which turns Cal Poly into a national contender and puts them in the top four of a first-preseason poll—by Volleyball Monthly.

“No one’s gonna ask us where we were from or say, ‘Cal Poly who?’ because this year everyone will know who we are, and that we certainly aren’t from Pomona,” said Carol Tschasar, a 6-0 middle hitter and veteran.

The women’s volleyball team has made a name for themselves and put San Luis Obispo on the map last year by earning Cal Poly’s first ever top ranking in a Division I sport.

The team agreed that an eight-day training camp this summer at Quincy in the Sierras started this season rolling in the right direction. The players lifted weights, ran sprints and worked out little volleyballers at a camp each day.

“This trip gave us a chance to get to know the new players, and let us change our pace of working out and slip town for a few days,” said outside hitter Lynn Knodel, a three-year starter.

The Lady Mustangs returned from the Sierras and went right into practice, working a day. This involves four to six hours of volleyball a day, with running and weights every other day and two hours of films.

Asked if the training program was any different from last year, Tschasar said: “‘We’ve been running way more this summer, and all of us have been throwing team handballs to strengthen our arm swings to hit harder.”

Wilton’s intense training program has given his players a positive attitude for the 1985 season, but most of all the spirit on and off the court has been realized.

“Volleyball is a high-skill sport, and like any other sport, burn out is always possible,” Wilton said. “But with seven veterans and three new players, this team is hungry.”

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The Hawaii match is set for Nov. 14 and 15. For the first time, the Mustangs will travel to Honolulu for five days.

“Hawaii will be on of our toughest competitors, and now they’ve moved into our conference,” Wilton said, “so while we’re on the islands, I’ll have to keep reminding my team to think volleyball and only volleyball the games are over.”

The Cal Poly spikes are in the spot in the net, which means higher expectations and more pressure than ever, but this will not change the mental preparation of each player before the games.

“We always have a team meeting before a game, but after that every player psyches up in their own way,” Tschasar said. “I usually relax by myself and visualize the different plays that I’ll need to accomplish, while another player listens to their favorite tapes to psyche up.”

Whatever the process towards winning, the Lady Mustangs have proven their loyalty to the sport of volleyball, and are ready to go. In 1984, the team opened up a game with against Utah State at Logan, Utah on Sep. 10. The first home game will be on Tues. Sept. 17, against Pepperdine, and Sept. 26 and 4, against San Diego State and Cal State Fullerton.

The Lady Mustangs, who averaged more than 1,500 fans in their home matches last fall, are offering season tickets for the first time this year. For more ticket information call the athletic office at 546-2923.

By R. Mark Freberg

The Lady Mustangs are set to play at Long Beach State and Nevada Las Vegas this week. Cal Poly returns home Oct. 4 and Oct. 5.
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