Cal Poly: An Exit to Excellence
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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.

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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 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. McPhiee 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 6

Story by Michael Finucane
Photos by Ken Dintzer and Pete Brady
Historical photos courtesy University Archives.

Clockwise, from top left: The old Administration Building, center, was once one of the first buildings on campus in the early 1900s and was where the Business Building is today; a 1985 aerial view of about the same location shows how the campus has expanded; the Robert E. Kennedy Library is one of the newer buildings on campus; pole vaulting was a popular sport in 1908; the 1909 women's basketball team posed for this photograph with Margaret Chase, the dean of the junior college; "hands-on" aeronautical training had an early start at Cal Poly.
CAL POLY

From page 5

McPhie 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 1960, the school was awarded a grant to teach arts in education degree.

All the while, McPhie made certain the instruction on his campus would remain practical, even to the point where he thought it was necessary to justify the approach as follows: "It has always been considered educationally undesirable 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 a four-year university education as the only respectable goal for any young man capable of taking advantage of it. We have consoned the hundreds of thousands of college graduates who go to work as grocery clerks and service station employees with the bronze 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 hosses 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.

Associate Dean of Educational Services Donald Coats said many of the changes in the curriculum are attributable to the modernization of industry.

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

Underscoring 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 older universities," current President Warren Baker has concerns about the breadth of the curriculum.

"There is some truth to the issue that is raised about overdoing 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 that."

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 briefcase 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 ranking 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 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

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973 Foothill Blvd. 543-0771
By Michael Finnane

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 said. "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 stations."

"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.

"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 fundamental sciences. Generally we find in the arts and sciences a solid substance that does'nt 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 students a unique chance to learn technical knowledge.

"If a student came here to study English, be 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 them."

Associate Dean Conu said one difference he's seen in the student body is that students seem to be taking longer to finish their education. "In his sixth year at Cal Poly, Baker began, "That means a lot going for, but warned against...

"Another way is image or reputation, Cal Poly is at a respectable level wherever you choose to measure it by, but that's..."
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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.
For Freshmen

WHO INTEND TO PARTICIPATE IN ROTC THIS FALL QUARTER, SIGN UP FOR ANY ONE OF THE FOLLOWING MILITARY SCIENCE COURSES ON YOUR CAR FORM:

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Army ROTC
students in charge of planning and running WOW activities. The members of each group usually draw 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." 

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 of the week, Block said she enjoys planning activities with other WOW groups. Since the purpose of WOW is to orient new students to the campus and the San Luis Obispo area, WOW groups visit other off-campus sites such as the Great American Melodrama, the waterfront at Lopez Lake, the bathrooms at the Madonna Inn and Montana de Oro for sand taking. The WOWies also get a tour of San Luis Obispo on Tuesday, which is "SLO 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. Beginning on Tuesday, WOW counselors begin to give their WOWies some free time during the day — usually two hours. ""You still want to keep their attention, but there are things they need to get done," she said. Although this is free time for the WOWies, this is not the case for the WOW counselors. They usually need to take people on errands to the bank or to the grocery store.

Wednesday is the day scheduled for taking the English and Math placement tests. That night counselors should have something extra special planned since the WOWies have been taking tests all day. A sleepover at one of the counselors is a good activity for Wednesday night, said Block.

"Thursday is the last day so you just go psychic," said Block. "You push everything and forget you haven't slept all week..."

WOW ends officially Thursday with Casino Night, during which all the campus clubs and organizations have representatives on hand to answer new students' questions. Since Thursday is the last night, everyone just gets really wild, said Block.

"Technically it's over Thursday, but it never is," she said. Up until Thursday, 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 skins a knee, you have to make sure you have a Band Aid."

Walters 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
"Best On The Central Coast"

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WOW

From page 3

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

One of the most recent changes to WOW, occurring this year, was the decision not to have the sewer tour during WOW week. Benkert said the program, which has approximately 3,000 students during the fall, basically outlawed the tour.

"It's not a moral judgment, but one of liability," said Walters.

The use of alcohol for the problem it was a few years ago, Walters said, although every year one or two groups are found using alcohol. The WOW counselors of those groups are immediately replaced, said he.

Introducing alcohol, into a "high anxious, high stress" of people is not the best idea, said Walters. New students should learn that they can adapt and make friends in the absence of alcohol. After they have made the adjustment to college life, then they can say yes or no to drinking, he said.

The orientation itself is not the only thing that has changed over the years. Lenny Davis, another member of the WOW board, said counselors used to be chosen by an interview where they were asked to simple tell a joke. A no formal training was given.

The quality of the training has improved over the years, said Benkert. Prospective WOW counselors must now go through an extensive training process. Each Tuesday night during spring quarter they attend workshops lasting approximately two hours where they learn the goals of WOW and the responsibilities of being in charge of approximately 20 people for five days.

One of the biggest improvements to the training program is called "WOW Simulation." During one of the spring training 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 center on more scholastic things. We tend to skip a lot of tours, because they are not as exciting."

Vykki Brehuh, senior speech communications major, has been a WOW counselor 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 time to have a lot of fun and to meet new people," said Prell. "I'd like to see it center on more scholastic things. We tend to skip a lot of tours, because they are not as exciting."
Mustang Daily

An Exit to Excellence

'Playfair' replaces sewer tour

By Margaret Barrett

The annual Week of Welcomes 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 as the sewer tour did in the past.

The reason for ending the sewer tour, in which WOWies went through San Luis Obispo Creek from the Safeway parking lot on Marsh Street to the Old Mission, was that the WOW program simply outran 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 and workshops, will take the place of the sewer tour on Sunday night, the first night of WOW. Instead of trudging through San Luis Obispo Creek, which runs through downtown, was the site of the traditional Week of Welcomes sewer tour. Participants entered the creek at Marsh Street and waded in sometimes waist-high water under city streets to the Mission Plaza. The activity has been replaced this year by "Playfair.," appreciated 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 emulation on campus through Sonnen Creek.

"The main goal of the sewer tour was it created 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.

Decided to make it all a regular part of WOW Week," he said.

A key concern of Walters is that it is made clear that the program is not at all voluntary. "If it were not for the WOWies to do it," he said, adding that the program is not in any way an endorsement for the WOWies. "We simply feel that we are providing important information to the students while at the same time letting them have some fun. It's no different than involving any other department of the university in WOW.

Sigworth also agreed that the course does not have to have a military emphasis, although she does hope to get 50 extra recruits from the program. She will be giving a short informational briefing on ROTC before each course begins, but said her main goal will be to stress safety.

"We just want students to have a better understanding of the challenges of military life while learning to work with others," she added.

Sigworth emphasized that any person who would rather not go through the course does not have to. Said Sigworth: "Instruct the ones who do go through to learn to really work together and utilize each other while having a good time.

SLO transportation free to students with ID card

Atascadero and Cuesta College. Students may ride for a 35 percent discount by purchasing passes at the University Union Information Desk.

If riding the bus is not convenient, then a cab may be the way to go. Five cabs are available in San Luis Obispo for private service 24 hours a day. Students may request cab transportation by calling 543-1234. There are no discounts for students and the cost is $1.50 per mile.

Calcoast Charter Manager Chris Greenman said that business has increased during Friday and Saturday nights since the "Feeling Good" program.

For those who need a ride out of the North Coast, "Transit operates from San Luis Obispo to Morro Bay, Los Osos, and Santa Barbara," he said.

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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 aligned 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, the 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" photoduplication card, available for purchase at the first floor copy area.

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 a day, per book charge begins. Library privileges will be temporarily suspended when accumulation of $5 or more in fines occurs.
Changing your major: a fact of life at Cal Poly

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 for students transferring into them.

Admissions Officer Dave Snyder cites two reasons why Cal Poly requires students to declare a major when applying, the first being that the school is specifically oriented toward preparing students for certain careers and education. Another 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 school curriculum is based on students careers and education.

He estimates about 99 percent of the students who apply to Cal Poly don’t find declaring a major any problem, but occasionally there are complaints.

"We run into mostly parents who want their kids to make a choice 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.

Changing your major: a fact of life at Cal Poly

"The problem of students applying to Cal Poly with the intention of changing into a more difficult program is not as common as it has been in past years," according to Snyder. He said this is because the entire school is impacted and students are not easily accepted in any major.

"We have that down to a minimum, students who declare what we call a synthetic major just to get into the school. They put getting into Cal Poly ahead of getting into the major program," he said.

According to the Records Office there were roughly 1,500 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 include: business, journalism, applied art and design, and social studies and biological science.

Snyder said students usually are required to have a minimum GPA before transferring. "If the average GPA of Cal Poly students is about 2.7, then for individuals to receive B’s in these classes they have to be above average students," he said.

Snyder said students who don’t spend much time researching their career goals are usually the ones who end up changing their majors. "We often find people declare majors for emotional or romantic reasons, just because they like something or because they think it would be neat to work in a certain field," he said.

He advises new students who are considering changing their majors to complete the fall quarter and visit the career center on campus to research their available options.

"Once students have identified some major programs that are more in line with their career goals then they should explore them by talking to students in that major and to the department head to find out whether requirements are..."
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 85 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 healthy, 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 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'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 flinch when I go through the Steak Bar and see a guy or a girl with two cokes and three cups 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 dimes.

"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.

This is somewhat similar to the situation we have here, only college students are pushing their minds and bodies to the limit. (They) are sexually active on a more busy level, which can cause more even more trouble.

The social life of a college student also cuts out hours of sleep on the weekends, and most students involves late nights or restless sleep during the week. Nash said this kind of lifestyle is hard on anybody, but young people can tolerate it better.

Some don't, however, because these cases bring headaches, stress, paranoia and monosynaptic surface throughout the school year.

"These serious cases usually hit people who have some allergies, are heavy smokers or drug users or people who neglect their health for long periods of time," Nash said.

Preventive action and healthy habits will help students fight off the viruses. As for the social life, stress and competition, the Health Center can help ease the pains of the college lifestyle.

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 has completed or enrolled at Cal Poly, their spouses, former students and alumni. In order to use the service the student must show proper 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 students check yellow cards on the job referral board and copy employer information and arrange an interview with the employer.

Goodger said she is supplied by the number of students who did not know the office existed. For the past two years the office has been trying to inform students about services that are offered and for the first time a mass mailing of pamphlets describing the office's services to incoming students has been completed.

The Student Employment Office is part of the Placement Center (Heron Hall, Bldg. 117), Room 102.
Waking up to the effects of the caffeine ‘kick’

Overuse of drug may result in ‘habituation’

By Lisa A. Houk

Eating chocolate and drinking coffee, tea 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 crunch, but if abused and used in excess, caffeine could become the student’s crisis.

“The crisis will not be long term, because tests have proven that caffeine does not promote any bad risks like heart trouble or brain damage, but it does hide itself well in the everyday 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 from 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. If he or she eventually stops this routine, the caffeine will wear off without symptoms. The trouble starts when the easy caffeine consumer keeps up a diet of six-packs of coffee or tea, one six-pack of soda 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 life 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 tolerated 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 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 fibrosis disease 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.

Dieters 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 Shape

Quality health care and a wide spectrum 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 clinical 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 must 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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Kerry Yamada, one of the counselors at Cal Poly, said that students who are carrying or have a relationship problem with a boyfriend or girlfriend, the personal counseling service provides, the space and space to talk things out.

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 juniors and seniors 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 and friends want.

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 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 the center. If you feel homesick, depressed, stressed from the load of classes you are carrying, or have a relationship problem with a boyfriend or girlfriend, the personal counseling service provides, the space and space to talk things out.

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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 placements 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 Chace 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 are very supportive through staff, Yamada said. "We aren’t aware of it or don’t understand what it’s all about," said Coordinator Trish Stewart. "We’re not a remedial service, or a 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, spelling, listening and note taking. Free seminars are given on procrastination and time management, and a new micro computer program has been recently 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 90 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 would not have enough."
For the future

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by companies all over the United States and in Australia, New Zealand, Germany and Canada, earning a salary and four units a quarter.

Students take part in the program to obtain practical experience in their fields, to help in choosing a career and to earn money to support themselves, Abilia said. They come back from the co-op with a better professional attitude and a better idea of what they want out of a job.

"The worst thing I can think of is to be saddled with a job you hate," said Abilia, adding that statistics show 80 percent of the people in the job market are unhappy with their jobs.

Abilia said he has seen students who did not have wonderful grades do extremely well outside the university environment.

"I do understand that there are some students that aren't turned on by simulations. The ultimate reality is out there," he said. "Creativity is not necessarily locked in GPA." Ken Donatelle, a senior civil engineering major, worked for the Valentiner Corporation in San Rafael during last winter and spring quarters.

"I was impressed with the field and the people that I chose from," said Donatelle.

"I would have asked for more guidance from the counselors," said Donatelle. "I felt that they (the counselors) had a grudge that every job was good for you. A construction management student would be more qualified to do the job I did," he said.

David Swanson, assistant director of the program, said representatives from the co-op office give approximately 200 lectures to Cal Poly classes during the school year. The office, located in Chase Hall across from McGRESS Stadium, is also open during Week of Welcome when students are able to ask workers questions.

Students interested in working in a co-op position must fill out information forms at the co-op office. They are then assigned a coordinator who helps them in finding available positions in their field of interest.

Abilia told the story of a student who wanted a job in clothing design, a very competitive field. After a year of searching, the coordinator was able to find a job in a small shop.

Every student is visited by a representative of the Cal Poly co-op office while he or she is working in a co-op position. Every participant is then debriefed when he or she returns, Abilia said.

Students are also responsible for writing a report about their experiences when they return to Cal Poly. The boss' evaluation accounts for 60 percent of the grade for the co-op and the written report accounts for the other 40 percent, said Donatelle. In addition to the report, students must keep a weekly log of their experiences.

More than 90 million students participate in cooperative education programs all over the world, Abilia said. The advertising council, which sponsors advertisements such as Smokey the Bear, has decided to make cooperative education the subject of a national advertising campaign beginning this month. Advertisements showing the benefits of cooperative education will be seen in newspapers, magazines, buses, on billboards and the backs of taxicabs all over the country.

Abilia, who is also the chairman-elect of the National Cooperative Education Association based in Washington, D.C., said one theme of the campaign is that co-op employees can increase productivity in industries.

The second theme of the campaign is that cooperative education improves the quality of education.

Another representative of Cal Poly, President Warren Baker, will be involved in the advertising campaign. He is a member of the board of trustees for the National Commission of Cooperative Education, which is helping to coordinate the campaign.
University Union is ‘town square’ for Cal Poly

By Chuck Buckley

The village of Academia called Cal Poly there is the “town square,” otherwise known as the Julian A. McPhee University Union.

New students quickly discover that the U.U. is the asylum of campus activity.

Starting at the western flank of the U.U., the newcomer discovers El Centro Bookstore. Complete with new and used texts, school supplies and a myriad of items emblazoned with the words “Cal Poly,” the bookstore makes it possible to become familiar with fees.

To different students, a bookstore is a type of college mini-mall. The first point of interest is just across from the bookstore entrance — Disabled Student Services.

“The services are for people with anything that would hamper their ability to learn or move,” said Ellen Polinsky, the office manager.

The office provides note takers and readers for blind students. It is in service for people with impaired mobility, either permanent or temporary, and crutches and wheelchairs are also provided. Students in wheelchairs may also be obtained from this office.

In most cases, written verification of a disability is needed to get these services. “It’s a small office, but it has a huge function,” Polinsky said.

Just inside the door to the left of the office passing into the lower level of the U.U., is the Student Travel Center. Here students can book trips to the destinations are so far away. The trips to local areas such as Point Sal and Hearst Castle are available to introduce students to various cultures.

Just up the hall is the Copy Center, located in a larger shop than last year. The new room was appropriated from the Craft Center in trade for the smaller Southwest Room at the Copy Center. Located in a larger shop this year, the Copy Center copies can be made lighter or darker, larger or smaller and as many times as you like.

The Copy Center beside the Copy Center, classes is screenprint, stained glass, woodworking, photography and bicycle repair are some of the crafts offered to students.

Tools and equipment can be checked out with a student I.D. card,” said Louis De Lucca, craft supervisor. Color photographic development will be offered this quarter.

Across the hall from the Copy Center is the Escape Route. There a student can rent outdoor items from backpacks to skis, rock climbing, bicycling and hiking expeditions are planned through this organization.

At the end of the other lower level is the recreation center. Pool tables wait for their cue while video game blips and blinks from manual manipulation and piped-in music. The bowling lanes, however, are dark and silent.

“They may be removed for a recreation room with weight room and dance studio,” said Greg Chapman, a desk attendant there. The action is pending an administrative decision.

On the second floor of the U.U. is Chumash Auditorium where movies, concerts and lectures are held. Next to it is a door that enters Polywood. This little play on “Hollywood” is appropriate because there a person can rent a VCR for as little as $6 a day and video tapes for only $2 a day.

Immediately north of Polywood is Bishop Lounge. There, students can rent and watch a large screen television that receives many different channels, thanks to the satellite that hooked up to the set.

Just north up the hall from the lounge is the University Union cashier’s office. Provided as a service by the Cal Poly Foundation, checks for up to $50 may be cashed with a driver’s license and student I.D. card. Lab fees are also paid here.

Down the hall from the cashier is the Activities Planning Center. A file is on hand with information about campus-sponsored clubs and activities. Information about fraternities, sororities, intramural sports and concert plans may be obtained from this office. Help with income tax is also provided through the Activities Planning Center.

“The Connection” and “The Pony” are campus information publications issued from the center. “The Connection” is a list of campus groups and clubs, and where and when they meet. “The Pony” is a newsletter of campus activities.

One office in the center plans campus cultural activities and operates a multicultural room downstairs in room 217D. In the multicultural room ethnic organizations can meet and anyone can visit to expand his awareness of the world through periodicals. Also in this center are offices for Poly Royal, the Float committee, and Week of Welcome activities. The ASI president and vice president work out of their offices in the center as well.

Outside the Activities Planning Center is the Information Desk, where information concerning campus events is available.

“We have bus schedules,” said Allison Aslin, a desk attendant there. Also, there are 25 board games at the desk, including Risk, dominos, cards and cribbage, to be checked out with a student I.D. “But the games cannot leave the building, and they must be turned in before closing time,” Aslin said.

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

Nestled between the San Luis Lounge (where quiet is the rule) and the Information Desk is the ASI Business Office where student government has its seat.

To the right of the Information Desk is a post of the Escort Service which operates during evening hours so students do not have to walk to their dorm or car alone.

Across from the Escort Service is the Galerie. Various artists present their works here throughout the year.

Between the Galerie 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.

Service for Poly disabled

By Julie Anne Lauer

The Disabled Student Services at Cal Poly provides special services for students with temporary or permanent physical disabilities and learning disabilities.

Herbert Cledenon, DSS coordinator, said DSS is available to any student with a disability. All the student is required to do is fill out two forms: one to request the service and one to help the office verify the disability.

Cledenon said although the office musters all disabled students, the service is supplied immediately.

DSS can provide a campus and special temporary parking permits, note taking and peer tutoring and many other services.

In addition, DSS provides help to students who must spend an extended period of time in the Health Center. Cledenon said in instances DSS will contact professors to get notes for the student 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 for library research and homework help.

Cledenon said students with hidden disabilities such as diabetes and epilepsy should contact DSS. Students with hidden disabilities can be eligible for services such as priority registration.

DSS office is located in the University Union Room 119A. The office is open Monday through Friday, 7:30 a.m. to 5:00 p.m.

By Sean Mohring/Student Desk
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 be in for a rude awakening.

"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 unsung 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 bike locked with the U-shaped Citadel or Kryptonite stalls," Berrett said.

Since January of this year, 45 to 50 bicycle were reported stolen to the Cal Poly Public Safety Department, said Berrett. Twenty-five to 30 of these 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 student majors as 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 fee to reclaim 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.

"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 books in the libraries. "We were losing one to two backpacks, every Thursday around 11:30.

"Berkert advises locking up a backpack or carrying it. "Hang, carry or lock 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 which has led students to leave backpacks unattended in the library and the Snack Bar also prevails 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 underpinned the door.

"We're making a film on living in the dorms which will be ready sometime this year. We show actors and actresses and equipment up to one of the residence

FREE SPINAL EXAMINATION

Johnston Chiropractic Clinic, Inc. is sponsoring a spine check up and Scoliosis Screening program as a public service. This service will include consultation, physical examination and a report of findings.

WARNING SIGNS OF SPINAL MISALIGNMENTS

- Recurring Headaches
- Dizziness, Blurred Vision
- Neck, Shoulder & Arm Pain
- Low Back & Leg Pain
- Pain Between Shoulders
- Numbness in Hands & Arms
- Loss of Sleep
- Difficult Breathing
- Numbness in Legs & Feet

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543-2770
The sense of security and trust which can develop after getting to know fellow dorm residents often leads students to leave doors unlocked. However, off-campus residents also know that rooms are left unsecured. People who live off-campus will go to a residence hall and knock on a door. If they get no answer they'll go in and take your stereo, your wallet, your jewelry," warned Berrett. Even fellow dorm residents have been responsible for thefts. "There was one young girl last year who'd go into someone else's room and use the phone for long distance telephone calls. She'd use someone's bank card after finding the secret number to make withdrawals. Ninety percent of the crimes up in the dorms would be eliminated if everyone would lock their doors," Berrett said.

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 Aphonassakos, IFC vice-president who was responsible for coordinating escorts last year, said the fraternities alternate nights 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 Aphonassakos.

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.
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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1 DOLLAR NIGHT

990 Industrial Way
San Luis Obispo, CA
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By Stacy Herkert
Staff Writer

Contrary to popular belief, there are nighttime 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.

□ Wednesday evening is Dollar Night with a $2 admission charge and special prices on a variety of drinks including Long Island and Cape Cod iced teas and Texas coolers. Thursday through Saturday nights the theme shifts back to rock 'n' roll.

□ Occasionally live entertainment is featured with groups such as Scandal and Jack Mack and the Heartattack performing.

□ Shenandoah: 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.

□ Shenandoah: 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 nights, and $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.

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

Night on the town

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

□ 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 acts.

□ Some of the entertainers that have performed at The Spirit in the past have included Los Lobos, Gregg Keene, 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.

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between Higuera and Marsh streets. Scrubby and Lloyds's serves the best in dinner delights. Sit at the counter to absorb the authentic hole-in-the-wall atmosphere or devour an unsmothered burger on the patio.

**Golden China Restaurant:** Those who are oriented toward Chinese food swear by the Golden China at 675 Higuera St. If you have a yen for the hot and spicy, don't miss the Mongolian beef.

**Chocolate Soup:** Heaping sandwiches and running soups are the specialty of the eating house—second only to its namaste, of course. Homemade breads, a fresh salad bar and crepes round out the menu. Those who wish to gain fame as a dinner entertainer can strum on the guitar provided by the management.

**Chapter One:** A real saloon — complete with saloon door 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 barbecue is featured on the weekends. Home of the Central Coast Dart Champion, the canteen is located in the Lucky shopping center, on the Foothill Boulevard.

**Spikes Famous Hot Dogs:** How many meals could you create with a single hot dog? Franks boasts 10 Tube steaks aren't the only eatables — various burgers are offered, too. The chillie cheese dogs are a meal in themselves.

**Shady Grove:** Omelettes, salads, hamburgers and soups are among the choices 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:** Simpler times come alive again at this dining spot from the first few decades of the 20th century. Nestled in an old Italian section of San Luis Obispo at 1901 Santa Barbara Street, the menu offers the hearty, simple food that has attracted 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 thymes and let it career through the establishment. Gas pumps and the front of an old Hudson are included in the autumnastralia. Loten with the top仍未 refused corner of Monterey and Osos streets, the grill is open late (all night for food; 1 a.m. for cocktails) and affords a great view from its garage door-sized windows. Ask your carhop for the Special Treat (Oreos and milk).

**Wine Street Inn:** Located beneath the Network mall on Higuera Street, diners can share an intimate meal of fondue or look up Spike's Place. The heart of San Luis Obispo on the weekends. Horns of the menu and barbecues are featured at the counter). Burgers, beer and wine are included on the menu and barbecue is featured on the weekends. Home of the Central Coast Dart Champion, the canteen is located in the Lucky shopping center, on the Foothill Boulevard.

**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 montee). Be sure to leave room for the white chocolate mousse. Located at 453 Marsh St.

**Custom House:** Seafood—located at the Custom House in Avila Beach is known for. Located at 324 Front St., The Custom House has a casual atmosphere and offers a patio. Open seven days a week, 6 a.m. to 9 p.m.

**Cafe Roma:** Considered by discriminating diners to be the creme de la creme for ambiance and good food, Cafe Roma serves the best Italian cuisine in town. Located in a century-old hotel at 1819 Osos St., Cafe Roma opens at 9:30 p.m. Tuesday through Saturday.

**1865:** With the best prime rib in town, 1865 has a quiet and relaxed atmosphere — nothing stuffy here. Good wine selection and reasonable prices. Located at 1865 Osos St., it is open for lunch and dinner.

**This Old House:** With a history as long (and dubious) as the house itself, This Old House specializes in steak and ribs. A creeky atmosphere and country flavor. Everyone says the place is haunted — everyone says its spirit is contagious. It's located way down Foothill Boulevard toward Lompoc and offers an eclectic menu of steaks with a steak or seafood dinner. The atmosphere is quiet and great for conversation. Offering beer and dinner.

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**REMEDIAL MATHEMATICS COURSE**

Course Title: Math 22 R. Review of Elementary Algebra. Offered on the Cal Poly Campus by Cuesta College for Cal Poly students.

Prerequisite: An unsatisfactory Entry Level Mathematics Requirement (ELM) or any other need for remedial mathematics.

Credit: 2 semester units (not transferable to Cal Poly)

Registration Fee: FREE

Time: Sec. 1, Mon. and Wed., 10:00-12:00 (11/30-1/14/86)
Sec. 2, Tues. and Thurs., 10:00-12:00 (1/15-1/25/86)

Room: Science 8-05 (Bldg. 32, Cal Poly Campus)

Test: Contact the Mathematics Office

ELM EXAMINATION DATE: There will be an ELM Exam open to enrolled students on Thurs., Dec. 5, 1985.

**ENTRY LEVEL MATHEMATICS (ELM) TEST REGISTRATION**

**DEADLINES**

- OCTOBER 14, 1985
- OCTOBER 19, 1985
- DECEMBER 6, 1985
- JANUARY 4, 1986
- APRIL 25, 1986
- MAY 10, 1986
- JULY 26, 1986

The ELM test is designed to assess the basic mathematical understanding of CSU students in mathematics. The CSU Executive Order states that all entering students must complete the ELM test. Requirements before the end of the first two quarters of enrollment. Failure to do so will result in probationary registration forms and the EPT-ELM Information bulletin can be obtained from the Test Office located in the Counseling Services Bldg. An ELM workbook can be purchased from the bookstore.

**Parent prices**


- 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 montee. Be sure to leave room for the white chocolate mousse. Located at 453 Marsh St.

- The Custom House: Seafood—located at the Custom House in Avila Beach is known for. Located at 324 Front St., The Custom House has a casual atmosphere and offers a patio. Open seven days a week, 6 a.m. to 9 p.m.

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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.

Now successful (if average) Cal Poly graduates, the Mustang Daily asked them to return to campus to enlighten one and all of the blunders of student-hood — those social errors committed by each one of us during the course of our stay at this center of learning.

Known to their friends and classmates as Richard and Janie, we will refer to them as simply Dick and Jane as they re-enact their worst nightmares. Read carefully as you start on your path to Cal Poly survival.
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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★ Obtaining upper division, elective credits for your work experience?
★ Gaining a Competitive “edge” in your major at graduate interviews?

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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?

4. Bookstore Bystanding

Jane is sad. Jane is in line. Jane has been standing in line for hours. Jane is always in line. This morning Jane waited in lines to eat, to get her classes, to get her parking sticker and even to use the bathroom in her dorm. All this waiting has frazzled Jane's nerves; just the thought of getting lunch at the Snack Bar makes her tremble. Before buying textbooks, Jane knew she would need some intense emotional preparation. After an hour at Spikes, two more at Tortilla Flats and a quick stop at Cork and Bottle, she was ready to attempt El Corral Bookstore. Jane has learned to live with the simple fact that life at Cal Poly is a life of lines. Calm and sedated, she relaxes with drink in hand (of the non-alcoholic variety, of course), oblivious to the impatient, fumbling and frustrated world that surrounds her. Jane doesn't yet realize that the small pile of textbooks by her side will set her back $4,000.
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 Froker*

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:30 a.m.</td>
<td>Begin to devise plans to silence professor.</td>
</tr>
<tr>
<td>12:45 p.m.</td>
<td>Wonder whether shooting the professor could be considered an act of self-defense.</td>
</tr>
<tr>
<td>1:00 p.m.</td>
<td>Go to U.U. to read two chapters of sociology before class.</td>
</tr>
<tr>
<td>1:05 p.m.</td>
<td>See old friend, stop to talk.</td>
</tr>
<tr>
<td>1:30 p.m.</td>
<td>Open sociology book.</td>
</tr>
<tr>
<td>1:31 p.m.</td>
<td>Remember that I need to write to a friend, close sociology book.</td>
</tr>
<tr>
<td>2:00 p.m.</td>
<td>Finish letter. Walk by TV lounge to see what's on.</td>
</tr>
<tr>
<td>2:55 p.m.</td>
<td>See Madonna video for third time in an hour.</td>
</tr>
<tr>
<td>2:56 p.m.</td>
<td>Start to read sociology book.</td>
</tr>
<tr>
<td>2:57 p.m.</td>
<td>Decide to read chapter summaries instead.</td>
</tr>
<tr>
<td>3:10 p.m.</td>
<td>Sociology professor begins lecture on &quot;class consciousness&quot; and I'm about to lose mine.</td>
</tr>
<tr>
<td>3:30 p.m.</td>
<td>— Eve — Zee-ee-zee —</td>
</tr>
<tr>
<td>4:00 p.m.</td>
<td>— Zee-zee top-zee —</td>
</tr>
<tr>
<td>4:20 p.m.</td>
<td>Wake up surrounded by Ethics class which is debating the moral obligation of waking me up.</td>
</tr>
<tr>
<td>4:25 p.m.</td>
<td>Stop to watch volleyball practices. Looks like fun, but I can't figure out how they jump the net after they win a match.</td>
</tr>
<tr>
<td>4:35 p.m.</td>
<td>Walk to parking lot and look for my car.</td>
</tr>
<tr>
<td>4:45 p.m.</td>
<td>Remember I walked to school today.</td>
</tr>
<tr>
<td>5:00 p.m.</td>
<td>Arrive home. Roommate and girlfriend are wrestling on the couch. Decide not to ask if they want to watch &quot;The Finals&quot; with me.</td>
</tr>
<tr>
<td>5:30 p.m.</td>
<td>Decide to start a Spike's card. With the way things are going maybe I'll finish it tonight, too.</td>
</tr>
</tbody>
</table>

Andy Froker is a senior Journalism major and guest columnist for the Mustang Daily.

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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 town, 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 housemade soup and rhubarb pies, homemade cookies and brownies. Located at 205 Monterey St.

*Hotel Cafe: Dine inside or out overlooking the creek at this cozy cafe at 1000 Broad St., and indulge in its specialty — fresh made-to-order omelettes. 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, creamy chocolate pudding has a piece of rich chocolate cake floating in the center, topped with whipped cream, nuts and a cherry. Find this tasty treat and others at 981 Morro St.

*Carmenita Creamery: Experience one of 24 homemade ice creams served in crunchy waffles come to this homey gizelle shop located at 977 Foothill Blvd. (next to Burger King). Encountcr Carmenita'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 lies 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 pie than any other place in town, Marie Callender's of Arroyo Grande, west of downtown, is the ticket. From scratch, the housemade flavors range from vanilla to out-of-this-world caramel turtle fudge. Upscale Santa Maria has a wide selection of more than 25 flavors of soft, frozen yogurt, including chocolate, vanilla, strawberry and the best French pastries this side of Paris.

*Spike's Place: The dessert specialty of old Mexico has been revived in San Luis Obispo — deep-fried ice cream. Spike's rolls up the flavor of the week in a mixture of deep-fried ice cream blended with one of eight toppings. Shakes, malts and sundaes are also offered.

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*Apples 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 housemade soup and rhubarb pies, homemade cookies and brownies. Located at 205 Monterey 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 moviegoer.

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 secret behind the success of this small, non-commercial theater in an age of world movie premieres and multiscreened theaters is, according to Dee, listening to the audience's requests and having a "pretty good feel" for what people want to see.

"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 90 percent of our schedules reflect their suggestions."

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Any 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."

For the future, 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 range of entertaining events for students and members of the community.

"Theater is one of the major arts," said Larsen, a communications major. "We want to make sure that there are as many different kinds of theater as possible." Larsen added that the theater department is always looking for new ways to improve the student experience.

The fall production is the musical comedy "Guys and Dolls." The play opens on Thursday, Nov. 7 for six performances.

Roger Kenyon, head of the theatre and dance department, said that the department is always working on new ideas to keep students interested in the arts.

"We want to make sure that there are as many different kinds of theater as possible," said Larsen. "We want to make sure that students have the opportunity to see a wide range of plays and musicals." Larsen added that the department is always looking for new ways to improve the student experience.

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**Cal Poly’s KCPR-FM is truly the *sound alternative* through underground, efforts and the work of Prince in albums such as “Around the World in a Day.”**

Besides the “acid emphasis,” listeners can expect a changing lineup of DJ specials and special programs that will vary with the fads and factions. Larsen said, "We know the more popular shows and we do some (shows) no matter how popular or unpopular out. The ASI programs committee also plans to schedule a dance company sometime during the year.

**By Michael Finsaas**

Alternately called "burnt-dog radio," the alternative and the station that demands "deal with it," KCPR is Cal Poly’s own FM radio station located at 91.3 on the dial.

Words are incomplete vehicles for the production. In the production, as costume and lighting designer, Ross Whaley, musical director, Thomas Davis, director Howard Gee, choreographer Robert P. Cotler Jr., and set designer, Robert A. Cotler Jr., the art major trainees each quarter who are from other majors, "Larsen said. As he was being interview, the graphic communications major yelled to the booth.

"We don’t expect them to be an unchanging policy of student management and operation. Music Director Scott Larsen said there are 65 staff members, disc jockeys and about 20 student trainees each quarter who use the small rooms of the station located on the second floor of the Graphic Arts Building.

Surprisingly, many of the DJs and radio personnel are not studying broadcast journalism. Larsen said. As he was being interview, the graphic communications major yelled to the DJ then on the air: "Hey, what’s your major?" "Landscape architecture," came the reply from the sound booth.

"Yes, most people at KCPR are from other majors," Larsen said. He explained that those interested in getting air time first must take a lecture course that all students should take. Later, budding DJs have to submit a resume and an hour of audios of assuming their own shift.

"It’s still about to be great DJs their first quarter, but at least they will know which stations improve on," Larsen said.

Beginning fall quarter, Larsen said listeners can expect more programs centered around the musical, "Guys and Dolls," which defined as "Garage music from the 60s—LSD inspired stuff." Larsen said there has been a resurgence in psychedelia music to their first quarter, but at least they will know which stations improve on," Larsen said.

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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 Obispo — 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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General 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 R ussell 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 Cords 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.

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.

Sun worshippers

Atascadero 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, bodysurfing 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.

Surf's 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.

Gerry 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.

Drying 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 oystercatcher 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 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 December. See BEACHES, page 8.
Cheap's the word
By Stacy Herkert

Nothing in life is free, but with a little imagination and a small amount of cash anything is possible. Here are a variety of activities to keep students "diverted" in San Luis Obispo without breaking their budgets.

One suggestion to cut the costs of entertainment is to plan activities in groups. This often lowers the costs of expenses and allows people to receive group discounts which many local businesses offer.

The following list of ten activities are suggestions to keep you entertained without straining your purse strings:

1. You don't have to travel to Europe or even Napa Valley to experience quality winetasting. 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 aspirin).

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 on the corner of Broad and Monterey streets. Admission is free and hours are Wednesday through Sunday 10 a.m. to 4 p.m.

3. Spend the day reminiscing through the past by visiting some of the local museums and homes of San Luis Obispo. Visit, the County Historical Museum on the corner of Broad and Monterey streets. The museum is located at 346 Higuera St., offers clothing that is contemporary and vintage style. The museum also has a collection of old California phonographs. Indian relics and old California photographs.

4. Mission San Luis Obispo de Tolosa is another historical landmark that shouldn't be missed. Located in the center of the downtown, the mission includes a museum with many historical items. Visit another Historical landmark that shouldn't be missed. Located in the center of the downtown, the mission includes a museum featuring religious papers, Indian relics and old California photographs.

5. Rummaging through antique clothes, costumes and memorabilia is another inexpensive yet entertaining way to spend the afternoon. Fall Circle, in The Creamery, specializes in natural fiber clothing that is contemporary and vintage attire for men. Second Time Around, located at 546 Higuera St., offers costumes, jewelry, hats, furs and accessories from the 1940s and '50s.

6. 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 on Mount San Luis where it is possible to sign up for a deep sea fishing expedition or fish off the pier.

7. Just beyond Avila Beach is Port San Luis where it is possible to sign up for a deep sea fishing expedition or fish off the pier.

8. To soothe those aching muscles afterwards, relax in a beautiful woodland setting hot tub at Sycamore Springs on Avila Beach Road. The cost is $6.50 per person for every hour until 6 p.m. when the rate increases by one dollar. There are discounts given to three or more people and reduced rates are often available to Poly students.

9. Those who don't mind traveling might want to grab a group of friends and head out to Pismo Beach for a clambake or rent a sanddune buggy and attack the hills.

10. And for water sports, spend a day at Lopez Lake recreational area boating, windsurfing, hiking or enjoying the Mustang Water Slides. There is also the Lopez Tree Farm nearby loaded with fish that are waiting to be hooked.
Get wet and wild at Lopez Lake

By Lisa A. Hoak
Staff writer

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 retail equipment and wholesale prices to buy new equipment," said Craig Ilten, an Escape Route clerk and sailboard instructor.

The sailboard training sessions for beginners will be held at least once a week on Monday or Tuesday evenings from 3 p.m. to 6:30 p.m. at Laguna Lake. The Escape Route is charging $7 for each training session, said Ilten, who just want to rent the boards must attend one of these sessions to be approved by the Escape Route instructors.

Beginning windsurfers must go out on three of these training sessions, and even the intermediate and advanced windsurfers are recommended to attend one of these outings.
County cities offer a relaxing alternative

Cambria

Specialty 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, dairying, 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. Art Beal, as the world has recently been added. He has spent half his life building a museum of tiny antiques crafted on the premises. A museum of tiny antiques armed from around the world has recently been added. Beal is home to many artists and town treasures ranging from handcrafted rugs and antique jewelry to tin soldiers. The Seiler Factory, a highlight on Main Street, is a small shop filled with hundreds of military and storybook miniatures crafted on the premises. A museum of tiny antique armies from around the world has recently been added.

Cambria with 4000+ choices is home to many artists and town characters, including Captain Nitt Witt, an octogenarian who has spent 88 years or more up here. He has his nine story house of stones, glass and other found objects on Nitt Witt Ridge. Art Beal, as the Captain is also known, claimed to have garnered all the materials he used to create his home from salvage.

"I didn't buy any of it, except for the cement and the dynamite," he said. "It's all stuff people threw away."

"Dr. Tinkar Paw," another nickname Beal has picked up during his 88 years, received national attention when he and his home appeared on the television program "Real People" several years ago. Nitt Witt Ridge can be viewed by taking Sheffield St. north from Main Street. Turn right on Hillcrest Drive and drive or walk up the hill.

Several art galleries which display works in a variety of media are The Seekers Collection and Gallery, The Hutchins Gallery and Melanne's Art Shop and Gallery, all located in the Corner Store Building at the corner of Burton Drive and Center Street. The Seekers features the works of leading California artists in handspun glass and crystal, stained glass, brocblain, ceramic, wood and other media. The Cambria Coast Gallery on Moonstone Drive also presents the works of many innovative California artists.

Several parks, perfect for barbecues, overlook the sea between Cambria and San Simeon.

The best sandwiches in town 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. "We bought the town in a weak moment," said Jim Lawrence. "We didn't realize the ramifications when we purchased it."

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The town of Harmony has spent 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 week moment," said Jim Lawrence. "We didn't realize the ramifications when we purchased it."

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 15 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

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Rib Cook-off Champions 1984 & 1985

Park are about six miles up Highway 1.

Several surfing and windsurfing spots lie in the waters off Cambria and San Simeon. Santa Rosa, by Shamel Park, and Pico, located at the north end of San Simeon are the prime spots for surfing, said Renee Kwaak of Good Clean Fun in Cayucos. Kwaak recommends Arroyo Laguna near Cambria for wind-surfing. "The winds blow pretty hard up there," she said.

- By Brenda Biehle

Flamingos are an attraction at the Charles Paddock Zoo in Atascadero.

Harmony

Thirty minutes north of San Luis Obispo on Highway 1 a sign reads, "Harmony, Population 18."

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 procured 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 week moment," said Jim Lawrence. "We didn't realize the ramifications when we purchased it."

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 15 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

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Rib Cook-off Champions 1984 & 1985

Park are about six miles up Highway 1.

Several surfing and windsurfing spots lie in the waters off Cambria and San Simeon. Santa Rosa, by Shamel Park, and Pico, located at the north end of San Simeon are the prime spots for surfing, said Renee Kwaak of Good Clean Fun in Cayucos. Kwaak recommends Arroyo Laguna near Cambria for wind-surfing. "The winds blow pretty hard up there," she said.
**Atascadero**

Atascadero, with its blue skies, rural atmosphere and nearby fishing and boating facilities, is a haven for Central Coast residents.

One attraction is the Charles Paddock Zoo, located in the heart of Atascadero Lake Park just off Highway 101. It is a short drive from Atascadero from Morro Bay. The zoo is open daily from 10 a.m. to 4 p.m. The free admission includes exhibits featuring birds, bats, monkeys, deer, lizards, coyotes and a mountain lion, plus many small animals.

After a stroll through the zoo, the Atascadero Lake Park offers a day of paddle boating, fishing, picnicking and feeding the ducks. In addition, the Atascadero (Heilmann) Regional Park is located across town on El Bordo Avenue.

The park, complete with barbecue grills, hiking trails, horseshoes, picnicking, boating, tennis and a playground, also boasts an 18-hole championship Chalk Mountain Golf Course. A restaurant and clubhouse are next door.

In the core of the city, the historic City Administration Building, fronted by the Sunken Gardens Park opens its museum from 1 to 4 p.m. daily. Annual community observances include the "Colony Days" in October, the "Fall Festival of Arts" and a Spring Art Show held during the Rotary Club's Mother's Day weekend.

Twenty-five miles south of Atascadero is the Santa Margarita Lake Campground. The lake area offers 1,068 acres of campsites, fishing, hiking, swimming, sailing, boat rentals, a fuel dock, snack bar, tackle shop and a pool. Also, the Rinconada Campground is the gateway to Santa Margarita Lake with its general store and ghost town open year round.

- **By Janet Haerter**

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**Paso Robles**

Wine tasting, golfing and wine grapes planted in the Paso Robles area, 23 wineries offer tasting and tours daily. For a map and listing of the wineries contact the Paso Robles Chamber of Commerce.

The Paso Robles Golf and Country Club offers an 18-hole public golf course, tennis courts and a country club.

The Mid-State Fairgrounds serves as the site for many recreational and civic events. Share fans can rent roller skates and enjoy the risk located on the fairgrounds throughout the year. The fairgrounds are also used to accommodate a flea market held every two months.

Watch the skies on Sept. 29 for aerobatic planes at the Paso Robles Airport during the annual air show from 10 a.m. to 5 p.m.

The history of Paso Robles is evident in Mission San Miguel, north of the city. Founded in 1797, the mission has been preserved for tours 10 a.m. to 5 p.m. daily. Other historical sites include the Estrella Adobe Church and the Rios-Caledonia Adobe, an old stagecoach stop between San Francisco and Los Angeles. Dell collectors will be amazed at the antique doll museum along Highway 101 north of the city.

Agiculture is a major industry in Paso Robles and the area abounds with fruits, grapes, raspberries and boysenberries in season.

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 fishing and camping. Lake Nacimiento, with a surface area of 5,380 acres, is 17 miles from Paso Robles.

There are many seasonal events celebrated in Paso Robles celebrated annually, including the San Miguel Fiesta this month and Pioneer Days in October.

- **By Darcy Spangler**

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**Five Cities**

- Avila Beach: Along with a great beach, Avila Beach offers the San Luis Pier and marina where boats can be launched. This partially-covered wharf dates back to the days of the first narrow gauge railroad in California. Sportfishing trips are also available here, and a chance to enjoy a hot tub under the stars at Symonore Mineral Springs which boasts 25 authentic, redwood hot tubs. Each is private and nestled into the hillside among live oak and sycamore trees, and all are available for an hourly rate.

- Arroyo Grande: Take a walk through the historic village of Arroyo Grande where many buildings dating back to the 19th century are preserved in facilities for rent. The bridge, which dates back to 1870, serves as the site for many of the activities.

See CITIES, page 19

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**An Exit to Excellence**

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- For information call:
  - Congregation Beth David (Reform) 544-0760
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- **Five Cities**
  - Avila Beach: Along with a great beach, Avila Beach offers the San Luis Pier and marina where boats can be launched. This partially-covered wharf dates back to the days of the first narrow gauge railroad in California. Sportfishing trips are also available here, and a chance to enjoy a hot tub under the stars at Symonore Mineral Springs which boasts 25 authentic, redwood hot tubs. Each is private and nestled into the hillside among live oak and sycamore trees, and all are available for an hourly rate.
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**MUSTANG VILLAGE**

1 Mustang Drive • San Luis Obispo • CA 93401
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, 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 Energy Intern" 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.
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Apartment or House Residents:

- Provide information on many ways to save energy in your home or apartment.
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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 Pochrandt at 546-8651.

Everyone Can Be A Conservation Winner!
San Luis Obispo County offers a multitude of outdoor recreational activities for nature lovers, including hiking and climbing. Although serious climbers can take the challenges of some of the outcroppings 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 of features that 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 Romasaldo 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 Bieleke

Whether satisfying 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 third week, and go through to the tenth week, then go back to take the first few lessons,” 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 and that’s where I’m at,” he said. Harrison has been with Coastal Air three years. In addition to instructing he performs pilot services by manning the plane for Coastal Air for qualified pilots. “To rent a plane from us a pilot must get checked out in every aircraft that’s a different type (from others he or she has flown) for safety and insurance purposes.”

For those who wish to sit in the passenger seat and not the pilot’s, Coastal Air offers chartered flights. A two-hour roundtrip to and from Mammouth in a five passenger Cessna 310, for example, costs $450, he said. “If you divide that by five friends, that’s only $90 each,” said Harrison.

The company has a variety of small planes including the Cessna 152, which Harrison said is made for training. “It’s big and it’s slow” — the Cessna 172, one warrior, three Archers and Cardinal R-G. It also has two twin engine airplanes, the Cessna 310 and the 340, which are available for charter only.

CITIES

From page 7

1875, is suspended approximately 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 Kaminaka Farms of Nipomo. Fueled up and full of fruit you can take home boxes of fresh fruit to enjoy for weeks. Open Thursday through Sunday. Located April to November.

The Nipomo Swapmeets 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, 1/4 mile south of the Lopez Dr. exit.

Oceanus: The sand dunes of Oceano, often used for filming of movies and television shows, are areas for ATV riding, dune buggies, picnics and hiking. Near the Pier Avenue beach ramp are two shops that have hourly rentals of ATCs and dune buggies.

The Livery 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 Melodrama and Vaudeville Company offers a variety of romantic action-packed shows, complete with crashing bath tubs, flashy can-can girls and sweat-covered floors. For schedules and tickets visit local record stores.
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 put his team through what are known as the Mustang tests, a combination of strength and agility drills designed to gauge the physical positives and negatives of his troops, ten of whom bench pressed over 400 pounds. But midway through the agility 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 year. A quick look at some of the keys for the 1985 Mustangs:

Offense: The quarterback controversy of a year ago is gone, with junior signal caller Jeff Byars emerging as the survivor over senior Yale Keckin. Byars, who prepped at Arroyo Grande High School, threw for over 700 yards last season while splitting action with Keckin. Sanderson, who wasn't pleased with his quarterback play in 1984, is hoping for big things this year, and he thinks Byars is the man to do it.

"It's Byars unless something drastic happens," Sanderson said. "Unless he plays exceptionally poorly or somebody is outstanding, the job is his." Sanderson has been impressed with 180 pound running back Jim Gross, who set out last season with a shoulder injury. Gross will probably be teamed with either Joey Kolina or Paulo Grospier, the two leading Mustang fullbacks.

The tight end position is wide open, Sanderson said, as three players are battling to fill the void left by departed Damon B. 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 Cesario and 300-pounder Eric Tautole. Cesario is solid, and Tautole lost 300-pounder Eric Tautole.

Gary Swanson. Rich Bondulman will head the backers, who impressed Sanderson with their Mustang test scores. In fact, the entire linebacker 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, "and a couple of defensive backs." Sanderson said his team is "strong" enough to make defenses forget that his team is "strong" enough to make defenses forget.

For a breather in two weeks, the Mustangs entertain UC Davis, a Division II finalist two years ago and third place in the Pacific 8. The Aggies lost to North Dakota State 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 want it any other way. "We're the ones who wanted to play the toughest schedule we could," Sanderson said. "It's about as difficult as you can get."

But Sanderson is confident that his team is "strong" enough to make defense forget that his team is "strong" enough to make defense forget. He's got the Frosty the Snowman schedule since the 1980 champi-

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Poly women running for fourth straight 
X-Country title

By Brenda Bieke
Staff Writer

Five of the seven All-
American women 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 champi-
onship," said assistant coach John Rembao.

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

Lori Lopez and Gladys Pireur, 
both top ten finishers in the 1984 
championship and juniors this 
year, are also returning con-
tenders. "We always look to 
people like Lori and Gladys 
because they've been national 
champions," said Harter.

All three women are, national 
champions both in cross country and in track. Cross country run-
ers watch out for competitors 
who are also accomplished in track because of their strength 
and leg speed, Harter said.

Other returning champions 
from last year's squad are Juniors Jill Ellingson and Kayt 
Manning.

Team members tying to round 
out the top seven are Noreen 
Dehnenconfurt, Katie Dunsmuid, 
Kathy Hildebrand, Michelle 
Jacc, Kris Katterhagen and two 
incoming freshmen, Sherri 
Minkler and Jennifer Sheflo.

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 be-
tore heading straight to Fresno 
six days later to kick off the 1985 
season. The Mustangs will com-
pete against 15 teams Sept. 21 at the 
Fresno Invitational.

Although the team is Division 
Harter sees the real competi-
tion coming from Division I. "In 
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 
presession 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 champi-

...
Rec Sports activities

By Linda Hook

The recreational sports office is offering a lineup of fall programs, ranging from touch football to triathlon, volleyball to yoga and soccer to 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 are signed 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 weekend 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 to pick up the schedule sheet at the office or call the recreational sports office.

Eric and Mike will anchor the defense," said Gartner.

"We have a lot 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 a lot 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." Williams says that Gartner gets the point across without being a drill sergeant. "He does have expectations he expects you to fulfill, but he's not like a mother. 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 accept. But Williams says that the players think they have a better attitude and they are out there to play. "They're not cut out here because of the system," he said.
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PARADISE COMPUTERS SYSTEMS

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HOTLINE at 544-1447. 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.

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Good through Oct. 15, 1985
The Lady 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, averaging 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 Bugashki and Carol Tschasar, as well as All-Conference setter Dede Bodnar and Lynn Kessler.

Add the veterans Vera Pendragon and Claudia Hendriks, and the new talents of Erin Delors, 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 competitor and puts them in the top four of a first-preseason poll by "Volleyball Monthly."

"No one's gonna ask us where we're from or say, 'Cal Poly who?' because this year everyone will know we are, and that we certainly aren't from Pomona," said Carol Tschasar, a 6-0 middle blocker 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 played little volleyballs 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 shift town for a few days," said outside hitter Lynn Kessler, a three-year starter.

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

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Carol Tschasar said, "It's true. 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 spirits of his veteran and first 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 have an appetite 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 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 spotlight this season, which means higher expectations and more pressure. But this will not change the mental preparation of each player before the games.

"We have always have a team meeting before a game, but after that every player psyches up in her own way," Tschasar said. "I usually relax by myself and visualize the different plays that I'll need to accomplish, while another teammate might listen to her favorite tapes to psyche up."

Whatever the process towards winning, the Lady Mustangs have preserved their loyalty to the sport of volleyball, and are ready to go. This weekend they open with a game against Utah State at Logan, Utah on Sept. 10. The first home game will be on Tuesday, Sept. 17, against Pepperdine, followed by series games Sept. 18, 4 and 5, 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.
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