Across Down Under

By Karen Bonham
Staff Writer

Peter Boonisar is about to embark on an adventure that he may never forget. The 42-year-old from Atascadero is going to make history by walking across Australia an estimated 210-day trip. Selected as the official photographer for The Trans-Australian Bicentennial Camel Expedition 1988, Boonisar will walk west to east across Australia with six others and a dozen camels.

"This project definitely overshadows just about anything I've ever done. It's an incredible challenge and I'm really looking forward to it." - Peter Boonisar

The seven-month expedition will require walking between 15 and 18 miles per day in temperatures from over 110 degrees during the day to well below freezing at night. The journey will cover more than 2,400 miles through some of the most desolate terrain in the world.

As many are probably wondering: Why in the world would anyone ever want to attempt such a feat? Boonisar said he is looking forward to both the incredible physical challenge as well as the extraordinary photographic opportunities.

Boonisar said he hopes to come back with pictures that he can use to publish a calendar and a "coffee-table" book. He also hopes to create a slide show that he can present at colleges.

One of Boonisar's main reasons for attempting the trip is that he was recently diagnosed as having a rare blood disease called hairy-cell leukemia.

"One of the things I'm hoping to do is bring national attention to this disease, and to raise funds for leukemia research and attempts to find a cure for it." - Boonisar

Since only about 400 people a year are infected with this type of leukemia, it doesn't get a lot of attention or funds. Boonisar is hoping to raise both.

"The immenseness of this project, along with the physical and mental challenges, and the ability to see TREK, back page" - Boonisar

Later in 1987, Mecham came under fire for defending the use of the word "pickaninnies" as referring to black children. Opponents charged that he had become a racist embarrassment to the state and he now faces a recall movement. He also has been indicted on charges related to campaign contributions and faces possible impeachment in the Legislature.

Another debate over the holiday — this time over the date of the observance — erupted in November in New Mexico. The 1987 Legislature authorized the holiday for the third Monday in January, the date established by 36 other states and the federal government.

But New Mexico's Personnel Board voted in November to have state employees observe the 3rd Monday in January for MLK, saying it would be better to give workers a day off next to Christmas than to have them off on the day before the legislature reconvenes.

Right activists demanded the resignations of board members who voted for the change; the board last month rescinded its vote.

Cowboy hats aren't the style any more

English riding starts gaining ground

When some out-of-towners think of San Luis Obispo, they probably picture of horses darting side-to-side herding cattle, cowboys' chaps flapping as they ride bucking broncos or slide-stopping horses dressed up in silver.

These are all forms of Western riding, which has dominated the Central Coast since early times. In some cases, a fledging agricultural industry makes using cutting horses to herd cattle practical. In others, cowboys clad in chaps and 10-gallon hats simply enjoy a good of' time at a Western rodeo.

However, the times are-a-changein' and San Luis Obispo is growing both industrially and culturally. While it's not pushing out the Western cowboys, the English style of riding, complete with its boots, britches and hunt caps, has definitely arrived in the San Luis Obispo area, for both pleasure and competition.

This often "snobby" style of riding actually demands years of training, discipline and skill to become competitive at the American Horse Show Association (AHSA) level, the highest echelon of English horse showing.

Each region usually has its own horseman's association as a way to compete and learn.
**Editorial**

**Cooling tensions let the athletes warm up**

The RSPV arrived; it's official. The Soviet Union announced Monday that it will send a team to the Summer Olympics in South Korea. Since the first time in 12 years, Soviets and Americans will compete against each other in a summer Olympics. It seems the chess game the Soviet Union and the United States have played in the past two Olympics—with the athletes as helpless pawns—has ended.

If Jimmy Carter thought America's absence at the Moscow Olympics would be an effective protest against Soviet presence in Afghanistan, he was mistaken. And if the Politburo thought the Soviet's absence at the Los Angeles Olympics would constitute vengeance, it was just as wrong.

Of course, the Soviets did not give their boycott a political tint. Instead, they claimed inadequate security in the smog plagued threat to their athletes. It is hard not to look through that alibi, since this year's Olympics will be held in Seoul—the same Seoul that features daily riots squashed by tear gas and bullets.

Whatever excuses anyone concocted, they did little to placate the athletes. After a lifetime of preparation, they were reduced to ineffective weapons in a bumbling Cold War foreign-policy battle. What a shame it would be if neither government had learned that there are better ways of conducting international relations.

Maraq Gramov, the Soviet sports chief, had this to say about the tit-for-tat: "From any point of view, this was not the best page in the history of the Olympic Games." Let's hope no one turns to that page again.

**Letters to the editor**

**Parents have right to know**

Editor: As usual I disagreed with your opinion in the Jan. 11 editorial, but your opposition to the parental-consent abortion bill has prompted me to write.

You said that, "Good parents don't make choices for their children but present all sides to help young adults decide for themselves." How can "good parents" present all sides if they don't even know if their child is getting an abortion? Minors in this predicament desperately need parental guidance and to know someone cares. Granted, some minors might not be pregnant or too late to start new lives. Many others probably get an abortion because they're too scared to tell their parents. If the parents are required to give consent, these same parents could have the baby and give it up for adoption. There are many childless couples who would love to adopt a baby, and even help the minor out financially so she can stay in school.

In the editorial you stated that, "minors are allowed to make their own messes, they should be allowed to resolve them as well." Getting an abortion is not resolving the mess, it is only that it defy happening. By telling her parents, the child will be facing her problem and hopefully get some support.

Although I agree that the minor should be the one to make the ultimate decision, the parents have a right to know that their child is getting an abortion. The parental-consent bill is not the Big Brother government control that you make it out to be. It is a positive move toward promoting better communication between child and parent, thus rebuilding the family link and maybe saving the life of a baby in the process.

—Diane Elliot

**Minorities deserve help**

Editor: In response to Mr. Ernst Schonme, Jr.'s letter in our Mustang Daily (Jan. 11), I would like to mention that I don't hold any ill feelings toward him per se, because I am well aware that there are other people that share the same ignorant viewpoint.

I am assuming that Mr. Schonme, Jr. and his constituents of the tutorial support that is provided by this campus for people from minority groups, is run by Mr. "forefathers" and their "forefathers" are paying taxes for this institution to exist, there will be no tutorial help for this campus. If the support groups that you are so much against exist to help minority students feel welcome because we are willing to learn, and to succeed here. Is there a reason why some people feel threatened by all of this?

—Gary Thomas

**Letters policy**

Mustang Daily encourages readers' opinions, criticisms and comments. Submit letters to Room 226 of the Graphic Arts Building, Cal Poly, San Luis Obispo, Calif. 93407. Letters should be less than 250 words and must include the writer's name, address and telephone number. Editors reserve the right to edit letters, but only for brevity. Letters will be published without the writer's name.
State

October earthquake in LA more damaging than thought
PASO ROBLES (AP) — The Oct. 1 earthquake that severely rocked the Los Angeles area caused $558 million in property damage — 68 percent higher than previously estimated, the state Office of Emergency Services said Tuesday.

"It's a pretty good figure and has a fair amount of reliability in it," said agency spokesman Mike Guerin.

The OES' earlier estimated damage at $213 million.

Guerin said the higher figure was agreed upon last month when legislators met to approve quake-relief bills, but wasn't publicly announced then. It includes damage to homes, businesses, public buildings, roads and utilities.

The Oct. 1 trembler, which measured 5.5 on the Richter scale, and its Oct. 4 aftershock caused eight deaths and more than 200 injuries. Hardest hit was the Los Angeles suburb of Whittier.

The estimate was released as federal and state officials briefed reporters on an earthquake-prediction experiment.

TV sex goddess hospitalized for respiratory treatments
SANTA MONICA (AP) — Saltry 1940s and 50s sex goddess Ava Gardner will remain hospitalized at least another week, undergoing treatment for a recurring respiratory ailment, hospital officials said Tuesday.

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Poly rugby team finding rewards in helping the city's homeless

By Rob Lopez

Cal Poly rugby clubs of the past have had a reputation of throwing wild parties, and being abusive and out of touch with the community. Although this year's club will no doubt have its share of parties, the members are attempting to erase the notion of being insensitive.

People's Shelter, an organization that gives temporary emergency housing to San Luis Obispo's homeless, had difficulty getting volunteer hosts -- until the rugby club volunteered.

"We need our guests and volunteers protected," said Beverly Anderson, executive director of the shelter. "Rugby players are big, they're strong, and they've proven to be reliable."

More than 20 rugby players have acted as hosts, serving meals and supervising activities. But the main duty is to stay awake from eight to 10 hours as a safety precaution while guests sleep.

Stewart said other teams that have volunteered engaged in too much locker room talk with the guests. That, she said, did not work with the shelter's goal of getting some guests out of their "street-thinking mentality."

"I'm really impressed with the (rugby) guys' maturity level," Stewart said. "I was worried at first that rugby players would be cocky, but they were not at all. They change from their usual rowdy ways when they walk through our doors. They listen, they help out, they take on full responsibility, they're on time and very trustworthy."

People's Shelter opened last November in cooperation with a handful of volunteers and church groups, which offer their facilities on a 30-day rotating basis.

"I didn't know what to expect the first time I went to the shelter," said team member Rob Fraser, the pusher of the team's volunteer drive. "I thought about the type of people who might be in there and I was a little wary of it. After spending some time there I found that the people were friendly and open. There was nothing to worry about."

When Fraser told the team about doing 12-hour night shifts at the shelter, he didn't think anyone would be interested.

"I told the guys at practice," he said, "and the next day seven of them showed up at the shelter ready to help out. Bev said I got the team a little too involved, but I think it turned out for the best. We took the idea off of the shelf and put it to work in the real world."

Fraser made it clear that the team does not volunteer with the attitude of being better than the guests.

"We open up our hearts and share our problems with them and they share theirs with us," he said.

Another rugby player, Bruce Anderson, said his experiences at the shelter have been excellent.

"I've met a lot of really interesting people," he said. "I've found that the shelter is helping a lot of people out. I plan to continue helping out once every two to three weeks."

Rugby club president John Vlahandreas said he learned that the homeless are at the shelter for different reasons.

"These people are trying to get back on their feet," he said. "All they need is a helping hand. We're not just here to drink beer and play rugby, we want to help out in the community."

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P R I N C E L I N E

Wednesday, January 13, 1988 Mustang Daily

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POLY AMON

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Biofeedback

Using more than machines, this program helps students recognize, control stress

By Alison Skratt
Staff Writer

STRESS! It's something with which all students become well-acquainted. And to some it's more than just a casual affair.

But, for those with whom stress has made a permanent home, there is hope. The Counseling Center at Cal Poly offers a biofeedback program every quarter to help weary students deal with this unwelcome visitor.

Biofeedback simply means feedback supplied by one's body. The feedback comes in the form of readouts and signals from instruments monitoring the body.

But these instruments are not the whole program. It also includes personal counseling, said Gene Martinez, director of the program. He holds a doctorate in guidance and counseling.

In the beginning of the therapy, students can assemble in a group to discuss stress, its forms, reasons and management. The sessions are then one-on-one with Martinez and his instruments ...

" The Counseling Center?" you ask yourself, as you walk up the lawn. "I don't need counseling. I'm just here for the biofeedback."

As you enter Martinez' small office, you notice in particular a big, cushy leather recliner that he has passed up for his smaller office chair. He asks you to sit, and make yourself at home. And he really means it. "Push up the leg rest and lean back.

He starts asking you questions, wanting to know what kind of person you are and how you deal with problems.

"What's the biggest problem in your life right now?" he asks.

Ah ha! "And I thought I didn't need counseling. Anyone with this much stress and tension could use a little counseling," you think.

After you tell him your life story, and the first hour session is over, you somehow feel better.

The second session. Today's lesson is breathing or deep breathing from the diaphragm.

You close your eyes.

"Concentrate on these three words: calm, comfortable and quiet. Picture them in your mind," he says. "Concentrate on the sound of my voice, your breathing and these three words," says Martinez.

It's almost hypnotic. His voice is very low and steady. The object is to become relaxed, however, not to fall asleep.

The "Stress Card" in your hand tells you you've actually done it. You've relaxed enough to make the temperature of your forehead at least 90 degrees Fahrenheit. When held between the thumb and index finger, this card you bought at the index finger's temperature.

"The first time on the machines, most people become more tense," said Martinez, because of the unfamiliar attachments. However, he said, little by little, through breathing practice and imagery work, where attention is focused on soothing the past, clients will learn to become more relaxed.

The biofeedback program has been at the Counseling Center for about three years, and its popularity has been increasing.

Martinez, who also works as a personal counselor at the center, said he devotes about 30 percent of his time to the program, but would eventually like to increase it to half of his time.

He pointed out that students with a lot of personal problems should not enter the biofeedback therapy without resolving their problems first.

"If someone has a big problem in a relationship or something, and they come in here to try and relax, their concentration is shot," said Martinez. "It would be useless to try and work with them if all they thought about while they were hooked up was how depressed they were.""

Often clients come in complaining of health problems, said Martinez, and they are a direct result of their body's reaction to stress. Migraine headaches, backaches and stomach disorders are just some of the physical maladies that can be caused by uncontrolled stress.

The desired result of the therapy is to teach clients to know how their body is reacting to stress, and to know how to control it.

An important addition to the biofeedback program this quarter is IBM's Autogen 8000 — a computer that interfaces with the monitoring equipment to give the counselor and the client a colorful display of graphs that show the client's progress during the session. It can also keep records and give hard copies for future study.

Contributing to this story was Kristin Ronscaviz.
and horses accumulate points in awards are given to those with their respective divisions at each subsidiary of the AHSA. Riders the most points.

If it's approved by the AHSA, horse shows will be held at different sites along the Central Coast throughout the year. The yearly point competition should attract members to the CCHA, which will in turn promote the industry. "When shows are rated, it attracts more people because they go for the points," said Madeline Shafer of LOVE Farm. Shows are rated A, B or C according to their difficulty. "I don't see why (CCHA) can't take off. If we get rated shows, I think people will come. We're centrally located between L.A. and the Bay Area; and people drive from L.A. to San Francisco, and vice versa for shows all the time," said Shafer, who instructs intermediate to advanced competitors at LOVE Farm.

"Brian Sabo, a former Olympic rider, is starting a barn out near the Lake Nacimiento area," said Peggy Ley, an associate instructor at LOVE Farm.

"Recently moved here from New Mexico and said that "probably more than three (English) barns are going up in Atascadero. My impression from moving into this area from out of state is that there's more English than Western riding.""

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EQUESTRIAN

From page 6, depending on the number of shows attended.

Boarding and training a horse adds up to about $500 per month. Horse shows every six weeks, they need a $20 broad job on their times for each day of showing and "incidentally" like veterinary fees and maintenance equipment can be exorbitantly expensive.

Finally, a proper riding habit takes $500 off the top of a paycheck.

However, to the active horse enthusiast, the upkeep and expense of their animal is worth every shiny penny. Horseback riding and showing is a great emotional outlet for some.

Several Cal Poly equestrian boards and train their horses at LOVE Farm. Barbi Quinn couldn't have left home and go anyway to college without "Guess Who," her big chestnut gelding, Michelle Malott rides "Cabashan." Lynn Vogue competes at San Benito, Steffie Gerri Meyers shows "Rags To Riches," and Michelle Hodeman currently trains her "green" year-old. "Duplicate's Flash."

TC&E Boarding Stable is a local equestrian facility that experiences the changeover from Western to English riding. In fact, the owner, Eldon Akin, had to build jumps to accommodate his English-oriented clientele.

The changeover started in recent years. "I was a year-and-a-half ago," said Akin. He claimed Western riders now make up about 5 percent of his clientele.

Michelle Florini, a speech communication major, owns and rides "Captains" in Dressage, another type of English discipline. Florini has been boarding her horse at TC&E for three years and has noticed the switch with enthusiasm.

"The majority of people now are English, whereas when I came here there weren't half as many."

Poly's Mark Dickson is a veteran Western rider at TC&E, he summed up the whole "English versus Western" controversy by saying, "English is like driving a Volvo and Western is like driving a Ferrari - it's elegance versus power."

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**Announcements**

**Greek News**

**New Board**

LAMBDA CHI ALPHA CONGRATULATES BROTHER CHRISSOPH ZABALLOS ON HIS ENGAGEMENT TO KATHERINE SHERBURN.

THE BROTHERS OF LAMBDA CHI ALPHA WOULD LIKE TO THANK THE PLEDGES AND SISTERS OF SIGMA CHI OMICRON FOR A JOB WELL DONE. THE LAMBDA CHI ALPHA CHAPTER WOULD LIKE TO WELCOME ALL THE FRATERNITY AND SORORITY SISTERS AND BROTHERS.

**EASTERN**

**Events**

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TREK

From page 1 to pull so much off in lieu of my illness, have all contributed to my motivation to keep everything moving and make things happen," Boonisar said. "A lot of the success of this mission goes to my wife, who has been incredibly understanding to let me take off for seven months. Fortunately, she will be able to off to rest. It involves strenuous walking in hourly segments. Monday begins with an eight-mile walk, Tuesday includes both walking and weight lifting, Wednesday is an off-day with the option of hiking or swimming. Thursday, Friday and Saturday again include the combination of walking and weight lifting, and Sunday ends the week with a longer-than-usual walk. "If I was walking eight miles a day during the week, I would up that to 12 miles of walking in one long segment as a very fast rate in order to really push myself. "I was able to stick with this program for two-and-a-half months before developing an inflamed Achilles tendon, which has unfortunately slowed me down in order to really push myself."

Boonisar emphasized the importance of having camels on the trip. The advantage of using camels is that they will allow the chance to see areas of Australia that would otherwise be impossible to see from a four-wheel drive vehicle.

"Having any sort of vehicle with us would be highly impractical, simply because of the type of terrain that we'll be crossing, and the obvious unavailability of fuel in the middle of the desert," explained Boonisar.

In the meantime, he has begun the search for corporate sponsorships to help pay for the trip. A major problem with finding sponsors is that the 1988 Olympics in Canada and Korea have taken many funds that might normally have been available.

But Boonisar said he has kept up the contacts and is now receiving some positive responses. "I've written to more than 150 U.S. corporations, Australian companies, advertising agencies, book publishers and even a couple of individuals — Malcolm Forbes and Paul Hogan, from the movie 'Crocodile Dundee,'" said Boonisar.

He is anticipating that the first three weeks of the trip will be the most trying, because he will be sure from an operation he will have this month. "I think that if I can get through this, the rest of the trip will be somewhat downhill," said Boonisar.

Other preparations for the expedition have been extensive, Boonisar said. "Nothing can be overlooked. I'll be carrying over 400 rolls of film in insulated bags to prevent heat exposure, in addition to all of my other equipment."

Preparation for the trip has included a rigid workout program devised by Cal Poly's track and cross country coach, Tom Henderson. Boonisar's program is a seven-day-a-week, three-week program, followed by one week off to rest. It involves strenuous walking in hourly segments.

He designed two T-shirts with the logos of Encore Screen Printing to help raise funds. There are three Americans and one Australian who will be participating in the expedition. There is still one opening.

There is still one opening. Applicants must pass a complete physical and pay $10,000 to cover expenses. After reflecting on these past few months of preparation, Boonisar admits that nothing could possibly compare to this adventure.

"This particular project, however, definitely overshadows just about anything I've ever done," he said. "It's an incredible challenge and I'm really looking forward to it."