Across Down Under

By Karen Bonham

Peter Boonisar is about to embark on an adventure that he may never forget. The 42-year-old from Atascadero will cover more than 2,400 miles — an estimated 210-day trip — west to east across Australia with six others and a dozen camels. The seven-month expedition will require walking between 12 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 looking forward to it.'

— Peter Boonisar

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 12 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 looking forward to it.'

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Cowboy hats aren’t the style any more

English riding starts gaining ground

By Caroline Boullon

However, the times are-a-changin’ 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, brisses and hunt caps, has definitely arrived in the San Luis Obispo area, for both pleasure and competition.

This often proclaimed “sissy” 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

4. Poetry contests are limited to no more than 200 lines of poetry, and the short story contests to no more than 35 pages.
5. All entries must be turned in by 5 p.m. Monday Feb. 8, 1988, to the English department, Faculty Office Building, Section 32.
6. Selected winning manuscripts will be printed in Cross Currents, a literary supplement to the Poly Royal edition of Mustang Daily.
Our habit of dominating nature may soon backfire

"We seek a renewed stirring of love for the earth. We plead that we what we are capable of doing is not enough. We sought to make this generation love the next."

-Nancy Newhall

These people think that advanced technology will allow us to further industrialize the world, while at the same time provide more food and better control of our forests, rivers and oceans to provide a higher standard of living.

While visiting through the Los Angeles basin, I wondered just what these New Age thinkers mean when they say "better standard of living." Personally, without wild nature to retreat to now and then, I think an industrial life would be a prison. With cement and traffic jams tending to lead to stress, which is a cause of illness. The concept of believing that humans are controllers of life has given Earth a serious disease.

The decline of forests, loss of thousands of plant and animal species, pollution of ground water, and marine estuaries, and the release of harmful radioactive isotopes into the atmosphere are just a few examples which show that we need to change our role of domination to a philosophy of coexistence. We are finding out that the domination of wild nature is moving humans closer to being on the endangered species list.

I do not believe that breakthroughs in technology are bad in themselves. Technology can be a very powerful force for good, if we manage to do the realization that we are part of a huge interrelated life ecosystem which works best when left alone. We need to go to the fundamentalism of that first backpack trip are still clear to me. The inspiration and concept of believing that humans are controllers of life has given Earth a serious disease.

The first step crucial to helping save the earth's habitats and species (including Homo Sapiens) is to develop a non-prejudiced view toward the different life forms found here. Prejudice of other races and nations are not the only ways we can limit anthropleanism or viewing humans as the "controllers" and patrons of animals and plants leading to tremendous destruction of life.

The more biologists, botanists and ecologists study the plants, the more they find out about the vast numbers of inter-relationships that different life forms rely upon to survive. Many New Age/Aquarian thinkers of today believe that humans can manipulate and control the destiny of life by a process called "planet management." In response to Mr. Ernest Schenone, 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. Schenone and his constituents are aware of the tutorial support system that is provided by this campus for those who need immediate assistance in any area of the center. I also am assuming that you are aware that each department has advisors, counselors and even professors who are willing to give personal guidance to help you with your curriculum.

I think it is ironic that on the eve of another celebration for a great "Civil Rights" leader, the Rev. Dr. Martin Luther King, Jr., we would have such a prejudiced paper written in 1988. To Mr. Schenone, there are not that many students from the major minority groups (blacks, Hispanic and Filipinos) repre­ sented on this campus. These three groups make up more than 5 percent of Cal Poly's student body, and as long as there is a "forefather" and your "forefathers" are paying taxes for this institution to exist, there will be support groups that you are so much against ex­ cept to help minority students feel welcome here. There is a reason why some people feel threatened by all of this.

—Gary Thomas

Letters policy

Mustang Daily encourages readers' opinions, criticism 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 signature and telephone number.

Editors reserve the right to edit letters for brevity or clarity. Letters will not be published without the writer's signature.
State
October earthquake in LA more damaging than thought
PASO ROBLES (AP) — The Oct. 1 earthquake that severely rocked the Los Angeles area caused $358 million in property damage — 68 percent higher than previous estimates, 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 estimate had damaged $213 million.

Guerin said the higher figure was agreed upon last month by federal and state officials after undergoing a treatment for a recurring respiratory condition, Guerin said Tuesday.

"I think she could never understand why she was punished," he said. "I think she was proud of her husband and bad and this was God's way of punishing her."

But then, she recalled, Knapp laughed and with a twinkle in her eye talked about how she was going to become the world's oldest person.

"I think she could never understand why she was punished," she said. "I think she was proud of her husband and bad and this was God's way of punishing her."

She graduated from college more than 90 years ago and said it is impractical for teachers to take the time off needed for such operations.

District officials said on Tuesday they could not say if any teachers had chosen to have the operation and declined to make further comments, saying the issue was "too sensitive" because of ongoing negotiations.

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

Gardner, 66, flew from her London home last week to be admitted to St. John's Hospital and Health Center here, hospital spokesman Armen Markarian said Tuesday.

She was admitted at 3 a.m. on Jan. 6 "for a general checkup and treatment of a recurring respiratory condition relating to a previous admission for pneumonia," Markarian said.

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World's oldest living person dies in nursing home at 114
PHILADELPHIA (AP) — Florence Knapp, a schoolteacher who marched for women's suffrage in 1919, retired in 1935 and lived in the same house for 110 years, has died at the age of 114, two weeks after she officially became the world's oldest person.

"To deal with this in the press in this manner is a slap in the face," she said. "I just resent this approach."

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Moslem fundamentalist killed as Israeli violence continues
GAZA CITY, Occupied Gaza Strip (AP) — Israeli soldiers shot and killed a Moslem fundamentalist in a violent demonstration Tuesday, and a U.N. envoy's attempts to inspect refugee camps were frustrated by soldiers and protesters.

Military spokesmen said the army imposed curfews on five of the eight Gaza Palestinian refugee camps.

In the Israeli parliament, Foreign Minister Shimon Peres appealed for an effort to end the violence by political means. Hawkinson accused him of caving in to Arab demands.

At least 32 Arabs have been killed since violent protest began Dec. 8 in the West Bank and Gaza Strip, which Israel captured from Jordan and Egypt in the 1967 Middle East War. About 1.5 million Palestinians live in the territories.

The military command said soldiers opened fire when their lives were threatened by a crowd of knife-wielding Arabs in Rafah, at the southern end of the Gaza Strip. One Arab died and three were wounded.
Poly rugby team finding rewards in helping the city's homeless

By Rob Lopez
Staff Writer

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 volunteers — until the rugby club volunteered.

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

"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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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 readings 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-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're relaxed enough to make the temperature of your extremities at least 90 degrees Fahrenheit. When held between the thumb and index finger, this card you bought at the bookstore measures the temperature of your fingers by changing colors. The higher the temperature (usually if at least 90 degrees), the more blood reaches your fingers, the more relaxed you are.

Now you're ready for the equipment. Martinez starts you off with some breathing exercises (which you have been practicing), and leaves you back in the recliner.

First is the dermograph, which measures the body's temperature through a small metal plate strapped to a finger. The machine it's attached to then emits a low, steady beep which rises and falls with your finger's temperature.

Eventually, says Martinez, you will learn to associate the sound of your heart beat, muscle tension and muscle tension.

This is the goal of biofeedback to make the person more aware of the effects of stress on the body. The therapy cannot get rid of one's stress, because that is caused by external forces, said Martinez. But it can teach you how to manage it.

The other two instruments used to monitor the body are the pulse meter and the electromyograph, which measures the amount of tension in one's forehead through microvolts. Once you're hooked up to all this equipment, you almost feel like you're in a bad remake of some mad scientist movie (and you look like it, too).

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 when their bodies are 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 Roncarati.
From page 1 of the text:

LOVE Farm, owned by Michael Shafer, is attempting to start the Central Coast Horseman's Association (CCHA). 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.

Leo 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."

Shafer called the influx of English riders a "new mode."

LOVE Farm competes at popular shows like the annual Santa Barbara and Pebble Beach horse shows. At Santa Barbara last November, LOVE Farm won a host of championships and grand championships.

Shafer's "clients have at least doubled this year," indicating the increase in popularity of the sport.

The basic horse show format includes "hunter," "jumper" and "equitation" classes. "Hunters" are judged exclusively on the horse's jumping style and manners in the ring, "jumpers" classes determine which horse jumps the highest and turns the quickest. Finally, in an "equitation" class, the judge rates riders and horses together.

Shafer said the area has a great climate and the expansion of the horse industry with its sprawling Thoroughbred and Arabian ranches. San Luis Obispo has a similar climate and much of the desirable land needed for horse breeding.

In 10 years this area could possibly be developed like Santa Ynez. A lot more people will be interested (in the horse business)," said Shafer.

Horse shows are definitely an exciting and enjoyable hobby, but it's expensive too. Keeping one horse and actively competing on any show circuit can cost up to $2,000 per month.

See EQUESTRIAN, page 7.
EQUESTRIAN

From page 6

per month, depending on the number of shows attended.

Boarding and training a horse adds up to about $500 per month. Horses need 65 shows every six weeks, they need a $200 board job on their feet for each day of showing and "incidental" 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 is a great emotional outlet for some.

Several Cal Poly equestrian board and train their horses at LOVE Farm. Barb Quinn couldn't leave home and go away to college without "Guess Who," her big chestnut gelding. Michelle Malott rides "Cabashion." Lynn Vogue competes at the Kemington State. Gigi Meyers shows "Rags To Riches" and Michelle Hodeman currently trains her "green" 4-year-old, "Duplicante's Flash."

TC&E Boarding Stables is a local equestrian facility that experienced the changeover from Western to English riding. In fact, the owner, Eldon Akins, had to build jumps to accommodate his English-oriented clientele. The changeover started in real horse news just a year and a half ago," said Akins. He claimed Western riders now make up about 5 percent of his clientele.

Michelle Florini, a speech communication major, owns and rides "Captain." 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 the shock.

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

Polk'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 Rolls Royce and Western is like driving a Ferrari - it's elegance versus power."

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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 take a little time off from work in September to join me and to drive completely around Australia to finish up my photo essay."

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. Monday begins with an eight-mile walk, Tuesday includes both walking and weight lifting, Wednesday is an off-day with the option of biking 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 at 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 a bit," said Boonisar. He is anticipating that the first three weeks of the trip will be the most trying, because he will be sore 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."

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.

"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." 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 anything I've ever done," he said. "It's an incredibly challenging and I'm really looking forward to it."

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