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Week of Welcome 1993

Table of Contents

W.O.W. 7

36 years of W.O.W. Cal Poly's Week of Welcome began as a modest retreat in the hills above Cambria. Page 7

Lifestyle Awareness 'Survive and Thrive,' a program designed to educate new Poly students on the facts of college life, will be introduced during W.O.W. Page 8

In Your Opinion ... What is your most memorable W.O.W. experience? Page 9

What to Know 11

Budget Madness Five years of continuous budget decline are analyzed. Page 11

Big Crime in SLO New students may think San Luis Obispo is just as safe as any small town, but crime at Cal Poly is on the rise. Page 13

Scared Safe A Cal Poly Public Safety program helps students learn personal safety techniques. Page 13

Bridging the Gap Several local groups work to keep student-community relations from fraying. Page 15

Housing Headaches Students seeking relief from San Luis Obispo's high housing costs might find cheaper places in surrounding cities. Page 17

Sports Round-up The Cal Poly athletic program is gearing up for its final season in NCAA Division II. Page 19

What to Do 21

Campus Diversions Taking a break from the daily study grind may be only a few steps away. Page 21

SLO Tourist Spots When the parents come to town, there are a few must-see attractions to make their stay memorable. Page 21

Under 21 Students who aren't of drinking age can still have fun in San Luis Obispo. Page 25

Over 21 The SLO Town bar scene is hoppin' to the beat of returning Poly students. Page 25

Cover Photo by Steve McCrank and Steve Murray

This WOW Issue of Mustang Daily was prepared by the staff of the 1993 summer Mustang.

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It's time to go home
By Edwin Bill

I never was a WOWie.

Although I was a freshman in the dorms just like most W.O.W. participants, I missed out on the fun and frolic and stayed home to help Dad build decks.

So it seems ironic that a scant seven years after I started wandering the halls of Cal Poly that I would have a guiding hand in putting together the annual Mustang Daily W.O.W. issue. Particularly so, since seven years ago, I was a math major.

As you might guess, the day when I step away from this scene and into the real world is quickly approaching. Three months from now, my lengthy tenure here will at last become but a pleasant memory — that is, if I pass senior project.

Isn't it ironic that one of my last acts as a Poly student will be to help put out a newspaper geared toward students only now just arriving?

I feel as though I ought to have something profound to say to these fresh young souls. And in a sense, I guess I do. Well, not profound, just something to think about.

Sometimes it takes hindsight to recognize the true value of something. In some ways, I am only now starting to really appreciate the time I've spent in this place; the good friends who've come and gone; and especially those friends who I'm fortunate enough to be here with now, for they will comprise my most vivid memories.

For those of you just starting out here, I hope you maintain a perspective on what you really ought to be here for — that is, to expand your horizons as a person, not just train for a job.

It's often too easy to get caught up in the hectic busywork a Cal Poly education is likely to present to you. Don't forget to stop and take a look around. If you do forget, before you know it, some of the best years of your life will be behind you, and you'll wonder where they went. I know; sometimes, I wonder.

I've only really learned this myself in the past few months. And as my impending departure edges closer it becomes more intertwined with each passing day. That is not to say I have no hope for the future. Yet, as with any transition in life, one becomes reflective, and often asks, "What if...

For what it's worth, my advice to all you WOWies is to live your collegiate lives in such a way that you will never have to ask yourself, "What if..."

Now do me a favor and read this newspaper. I've spent most of the last 48 hours helping put it together. It's time for me to go home.
Mustang Daily

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New students on campus are easy to spot. There’s that black, lost look in their eyes, a map of the campus in hand and no direction as to where their classes are, much less where the bookstore or a good place to eat.

But there is help. Cal Poly’s Week of Welcome (WOW) orientation program is designed to help students adjust to their new environment both on and off campus.

The program wasn’t always a weekend event, according to Monte Chandler, vice president of Student Affairs from 1950 to 1989. Although an orientation program had been set up in 1901, it wasn’t until 1957 that the program became known as the Week of Welcome, according to documents kept in the Cal Poly library’s archives.

The idea of an entire week of orientation — a “Week of Wel­come” — was first introduced in 1957. The weeklong orientation was implemented in addition to the Cambria camp, Chandler said.

He said little change occurred with the orientation program from 1957 through 1970.

But then came Bob. Bob Walters took over the orientation program and became WOW adviser from 1970 to 1989. He is now assistant director of Student Life and Activities.

Walters said when he first came to the program, both the camp and weeklong orientation were still small.

But in 1972, “Round Up Camp” was discontinued.

“It just didn’t make sense to take people 30 miles away to conduct an orientation program,” he said. Walters focused on the week-long orientation program. He said he wanted to help new students adapt to an environment away from home and also help with students’ productivity in schoolwork and college life in general.

An average of 75 percent of new students, approximately 1,500 to 2,300, participate in WOW each year, said Ken Barclay, WOW adviser and director of Student Life and Activities. WOW participants are divided among about 125 pairs of counselors.

Barclay said WOW participants stay in groups of 15 throughout the week. The groups participate in events either organized individually among groups or for all groups participating in WOW.

Some of the events have included climbing to the “EP,” climbing the Escpe Route’s wall near the University Union; repelling the Architecture Building; barbecues; medical exams; beach parties and much more.

“People come to this camp knowing and hearing about how great the program is,” Walters said.

By Lisa Iruguin
Staff Writer

The WOW Board consists of 36 students who oversee and implement the program. Barclay said the committee is responsible for setting the direction of the orientation at Cal Poly for students and parents.

The WOW Board consists of three students who oversee and implement the program.

Barclay said the program has witnessed positive changes in recent years.

“We’ve placed more emphasis on academic seminars as well as social issues and cultural awareness seminars,” he said. “We also stressed academics.”

Barclay said he recalled what the cultural awareness programs were like when they first began in 1990.

“The seminars were sort of a combination of a town hall meeting and a Phi Delta Epsilon type program,” he said. “We talked about issues facing Cal Poly, and there was an openness on the part of students talking and participating in the discussion.”

Barclay said the seminarserialized awareness seminars now consist of presentations of issues such as cultural diversity and tolerance for others. Presentations are followed by small group discussions.

He said counselors must sign a Code of Ethics, written by Barclay, saying they will adhere to the rules of the program.

Rules of the program range from a requirement to wear seat belts while participating in WOW and a prohibition against riding in the back of pickup trucks to monitored attendance of participants at all seminars. There are also restrictions on the types of activities conducted off campus.

Barclay said alcohol and drugs are not tolerated in the program. Also, a 1 a.m. curfew is being placed on WOW groups. Counselors are encouraged to discuss groups before then, he said. Blocks of free time must also be incorporated into the week’s activities.

“After going through the program, students filled out an evaluation, and many said the schedule of nonstop activities was just too busy,” he said.

Walters agreed that the curfew is physically better for the students.

“New students rarely get homesick (before the curfew), but that was because they didn’t have the time to,” he said.

Bailey said when he first became involved in the program in 1990, WOW was too social and party-oriented.

“The faculty was concerned that WOW needed more of an academic influence and I was brought in to increase academic emphasis and pride in the university,” he said.

Bailey agreed.

“Tlhere is a tradition of academic excellence (at Cal Poly) and (WOW representatives) have a responsibility to help new students understand this,” he said.

Members of this year’s WOW Board understand this requirement.

By Lisa Iruguin
Staff Writer

“Before 1951 it was a day or so where groups of students would get together and acquaint themselves with the campus,” said Chandler, who is now retired.

In 1951, he said an optional, two-day “Round Up Camp” in Cambria was created where new students could meet Cal Poly veterans and get information on the services offered on campus.

All campers were required to wear a type of beanie, called a “rooter’s cap,” to distinguish them from the volunteer counselors, who also wore versions of the hat. This unique tradition continued into the late 1960s.

Camp activities included a dance, Ping-pong, panel discussions, volleyball and visits from Cal Poly’s Associated Student Body (ASB) officers and staff.

“But there were still no orientation events on campus,” he said.

Campus orientation programs started in 1954 for those students who couldn’t make it to the “Round Up Camp” in Cambria, he said.

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WOW program shows how to stay ahead at Poly

By Michelle Oel/le
Staff Writer

Many students, throughout their college years, are faced with important decisions regarding their social life as well as their academic life. Some of those questions include: "Should I go to the library to study for my exam, or should I go to the bars to relax with my friends?" Or, "Should I be sexually intimate with my dating partner or not?"

Because these choices may determine one's success or failure at Cal Poly, lifestyle awareness presentations will be offered to incoming students during WOW.

"The program will be devoted to promoting personal, social and sexual wellness," said Susan Ford, a Cal Poly health educator. "Survive and Thrive at Cal Poly" is the overall theme of the Sept. 16 and 17 presentations. They will address topics of time management skills, eating disorders and body image, alcohol and other drugs, sexual decision making and acquaintance rape, and sexually transmitted diseases. Ford said.

She said these topics of discussion are some of the most prominent issues facing Cal Poly students.

"The program is designed to educate students outside of a lecture setting," Ford said. "It will offer suggestions to personal dilemmas."

Throughout the program a series of comical vignettes will highlight the scope of choices available to students about personal wellness topics, Ford said.

Susan Fritz, leadership and development specialist for Residential Life and Educational, said the presentations are designed to educate students in ways they can relate to.

"With health issues, there are a lot of 'shoulds' and 'should-nots,'" Fritz said. "We want to pull it out of (that) format and have fun with it!"

Ford said student groups such as resident advisers, peer health educators, WOW leaders and Project FOCUS are involved in developing and interacting the scenarios.

The segment on eating disorders and body image will highlight societal expectations and symptoms of eating disorders and how to help a friend suffering from a disorder, Ford said.

According to Ellie Aebeloth, a psychologist for Cal Poly's Psychological Services, college students are in the age range that is in a primary risk for eating disorders.

"Going away to college is the first time most students are away from home," Aebeloth said. "Most of these students haven't been primarily responsible for their own diets."

College life may intensify a pre-existing eating disorder, even though many often originate in junior high and high school, Aebeloth said.

"Some (dorm residents) are unhappy with the dorm-cooked food and find it difficult to adjust their diets to what's offered there," she said.

Ford said the issue of alcohol use and abuse also increases during the college years.

"College seems to be an environment that tends to promote increased alcohol use," Ford said.

She said increased use may be due to many students' misconception that their peers drink a lot. The alcohol presentations will not preach to students that drinking is wrong, she said.

"It will provide alternatives educationally, not judgmentally," she said.

Project FOCUS, a student group which promotes alcohol-free college living, will present and promote options and activities to offer alternatives to drinking, she said.

The segment on sexual decision making will help students decide whether to become sexually active and how to become sexually active, she said.

"There seems to be a misconception in college culture that larger number of sexual partners are accepted or expected when you come to college," she said.

According to Ford, the presentation will highlight issues of myths about men and women, myths about women and men, abstinence, sexual safety and how to communicate your needs to a partner.

Ford said all of the presentations are designed to help students become experts about their own lives.

The lifestyle awareness presentation will take place at Chumash Auditorium from 9 a.m. to 5 p.m. on Thursday and Friday of WOW Week, said Ken Barclay, director of Cal Poly Student Life and Activities.

Here's the Skinny

Slender Heaven Takes Over Where Sugaryss Shack Left Off

When Sugaryss Shack closed at Christmas, many students feared the shape of things— and people—would change for the worse. More than a few people deplored the lack of a place to satisfy their sweet tooth.

Last month, the signs appeared in Sugaryss Shack's window: "REOPENING SOON." Sure enough, on March 16, Slender Heaven swung open its doors to the hungry and waist-conscious.

open in doors to the hungry and waist-conscious.

Owners Sarah and Yvonne Ogren have purchased some of Sugaryss Shack's recipes, but they're adding their own original creations to Slender Heaven's menu. Many of the old Shack favorites, such as the famous Nutella and banana muffins, hot fudge sundaes, and 200-calorie chocolate chip cookies are back.

And the mother-and-daughter team is also cooking up new dishes. But luck, pasta salad.

Paul Advertisement

Sugaryss Shack's Nutrasweet-laden Skinny Lite soft serve, "Slender Lite" is sweeter than ever before, a new fat-free ice cream. Even diabetic or lactose intolerant can eat this dessert without problems, adds Sarah Ogren.

You can have a piece of chocolate dessert for 120 calories, a big blueberry muffin for 150 calories, and a cup of gourmet cookies which come in chocolate, vanilla, and other rotating flavors. The incredible thing is that it's 9 calories per ounce and the free, rich-tasting desserts to satisfy ravenous perennial dieters depended on the Shack's fat-full meals, which usually come to about 200 calories.

And you'd be hard pressed to track down more "ice cream" for 108 guiltless calories. Unlike Davors. The incredible thing is that it's 9 calories per ounce and the free, rich-tasting desserts to satisfy ravenous perennial dieters depended on the Shack's fat-full meals, which usually come to about 200 calories.

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Q: "What is your most memorable W.O.W. experience?"

DEREK BALAVAC
Electronic Engineering

"My group all took our clothes off behind some shopping center and made a clothesline."

ANDY FISKE
Industrial Technology

"Skinny-dipping with half my W.O.W. group at the beach."

ERIC KORPIEL
Political Science

"We took the W.O.W. booth and captured a cow from the Dairy Unit with it. We did it to get our names and group number in the paper. Instead of getting recognition, we got busted, because the cows licked the paint off the booth and it messed up their milking schedule for three days."

ERICA MORRIS
Engineering Science

"My counselors started fighting. Finally, one of them quit in front of our group."

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The tale of the incredible, shrinking budget

A five-year saga of dwindling resources and higher student fees

By Len Arndt

The price of a Cal Poly education is twice as much as it was five years ago. In the fall of 1988, the quarterly fee was $308. For Fall 1993, that rate is $623.

Ramirez said that this phenomenon has been under way for a number of years. Only two decades earlier, students couldn't have been born at a time when Cal Poly charged for its services.

"Our college students receive their education at a discount compared to what other states are doing," Charles Crabb, the CSU's Academic Resources Vice President, said.

Budget cuts handed down by the CSU in the summer of 1992 forced Cal Poly to phase out two departments, home economics and engineering.

"The administration is under pressure from the state to state to take over many of what were formerly the responsibilities of local governments," he said.

"Prop. 13 changed the whole complexion of state finances," Ramirez said. "It shifted support (for many public works) from the state to the local governments." This, in turn, put pressure on the state's budget, which was already filled with state and federal deficits, he said.

This act, after it was amended in 1995, placed a cap on the amount of money the state could collect based on the percentage change in California's per capita income. Any amount over the spending cap is given to primary and secondary schools and community colleges, he said.

Thus, improvement in the state's economy will not necessarily increase university funding.

The California Polytechnic State University system lost $4.98 billion in 1990, to this year's $1.48 billion. This graph shows that while Cal Poly's overall budget has decreased in recent years, students' contributions toward the tuition have increased.

"I'm hoping that we've hit the bottom of the (economic cycle, although we haven't heard the last of the federal base closures," Ramirez said.

Ramirez said he wasn't optimistic that the Donohoe Act of 1960, which was passed by voters in 1978. Ramirez said he wasn't optimistic that the Donohoe Act of 1960, which was passed by voters in 1978, will be modified in the near-term economic forecasts for 1991-92 school year levels.

According to a plan presented at a CSU Board of Trustees meeting last July, this move resulted in the immediate denial of CSU access for 12,000 full-time-equivalent (FTE) applicants, who would have otherwise been accepted.

"The administration has no choice but to pare back on resources," he said.

"If we go down again, we're going to go into another period of deep (budget) cutting," he added.

"Since '78 or '79, it's just been one budget cut after another," Ramirez said.

A drastic example of the steps a university can be forced to take in a budget crisis was Cal Poly's 1992-93 school year.

"The act guaranteed the top one-third of all applicants admission to the CSU campuses, he said. In December 1991, the CSU Board of Trustees elected to suspend that guarantee, freezing the allowable enrollment at 1991-92 school year levels.

"There was an immediate impact, we lost over 15,000 students for the fall of 1993. Since the university's peak enrollment of 17,756 students in Fall 1969, attendance has slumped down to an estimated 15,880 students for the fall of 1993.

"With no (fee) increases, (many public schools) simply don't have access," Crabb said.

"Our students continually dip down and eventually to zero dollars a year," Ramirez said. "This is the sole remaining campus fire department in the CSU system." This graph shows that while Cal Poly's overall budget has decreased in recent years, students' contributions toward the tuition have increased.

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HISTORY

From page 7 ability and recognize the important role they play in students' lives throughout the week.

Jessica Warner is part of the three-member WOW Board. She said she believes students remember WOW for the rest of their lives.

The 22-year-old construction management senior said her involvement with the program over the past four years has been very rewarding.

"I see the progress and happiness of my old WOWies and feel good that I was a part of their one-week transition period," she said.

Bryan-Thomas Barney is another member of the WOW Board. He said he has also benefited from his participation in the WOW program over the past five years.

"I get a lot of self esteem out of the program," he said. "I've come to the realization through recognition of being involved in WOW! that it is a big deal, and it makes me feel good about myself.

"Like the beginning stages of your life, WOW is the formative stage of being in college," he said. "It can set the stage for the rest of your college career."

Paul Pieralde is the third WOW Board member. He continues to stay involved with the program even though he graduated in June with a degree in computer science.

The 22-year-old said during the NODA conference in Kansas this year that he realized how important the program and his part in it really was.

"People were coming up to me, introducing themselves and talking about how great and unique the (WOW) program really is," he said. "I was recognized as a person for being a part of WOW and felt great because of it.

"WOW makes me feel proud to go to Cal Poly, and the program makes you feel as if you can make a difference by helping people."
Small-town SLO has big-city crime, officials say

By Bonnie DeBuw

Small-town SLO has big-city crime, officials say. Randy Johnson, crime prevention specialist for the San Luis Obispo County Sheriff's Department, said new students should familiarize themselves with the community. They should read local newspapers and know what's going on around them," he said. According to the California State University's annual crime statistics released this April, violent crimes on the Cal Poly campus rose from one in 1991 to five this year, including three which were reported as rapes and two reported as attempted rapes. So far, two rape-assaults have been reported this year.

Randy Johnson, crime prevention specialist at the San Luis Obispo Sheriff's Department, said new students should feel so comfortable here," he said. "Because they're not always use them," said Randy Johnson, crime prevention specialist for the San Luis Obispo County Sheriff's Department. "Most crimes (in San Luis Obispo) are crimes of opportunity because people feel so comfortable here," he said. "Because they feel so safe they leave their home and vehicle doors and windows open."
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By Lisa Frugui

and Michelle Stephens
Staff Writers

Another academic year is beginning, and several Cal Poly and San Luis Obispo community organizations are offering services to keep student-community relations from fracturing.

Traditionally, there has been a lot of tension between students, the police and the community, said Brent Halquist, former Associated Students, Inc. (ASI) Board of Directors vice chairman.

"People resent the student population because they feel that the students don't treat San Luis Obispo as their home," he said.

But ASI hopes that the Student Neighborhood Assistance Program (SNAP) will bridge these gaps.

Beginning this fall, Cal Poly and Cuesta students will implement the program, where teams of two students will respond to noise complaints in the community surrounding Cal Poly.

"The students will be the extra eyes for the police," Halquist said. "When a complaint is made, SNAP will go to the party and warn the students. The police will issue a ticket if the party is not broken up."

SNAP has no authority to use force on students or do they have authority to make arrests, ASI President Marquann Pine said. These actions would endanger their safety.

"We hope this program demonstrates that ASI, Cal Poly and Cuesta are taking the initiative to show the community that we care," Halquist said. "We will police ourselves, instead of the police policing us."

It is hoped that SNAP will be running sometime during the fall quarter, but it is not known exactly when the program will begin. San Luis Obispo Police Chief James Gardiner said.

Pine said hiring and training for SNAP will begin once the bylaws have been written and the governing board has been appointed. Depending upon enrollment, SNAP would begin at the beginning of the fall quarter.

Another group, the Student Community Liason Committee (SCLC), will continue to meet once a month to improve relations between students and the community and explore solutions to problems before those problems exist, said Ken Barclay, director of student life and activities.

The SCLC consists of Cal Poly and Cuesta students, Cal Poly's ASI president, representatives from the San Luis Obispo City Council, the police department, the mayor's office, city administration, the Chamber of Commerce and the San Luis Obispo County Board of Supervisors.

"By LLsa Iruguin

The center attempts to bridge the gap between students and the community through volunteer work and benefits everyone involved.

"The community gets help trying to get needs met that were not budgeted for, and the students gain hands-on experience to help them later on in their career and life in general," Lutrin said. "It's also a chance for students to see firsthand what type of community problems are out there.

"The Cal Poly Community Service Learning Center (CSC), located in the University Union, is an organization that helps assure, through various service programs, past problems don't continue to mar student-community relations. The center attempts to bridge Cal Poly with the community through various service programs.

The center helps link volunteers with agencies in the community that may have needs that aren't being met by a budget, Lutrin said. "The center also serves as an informational resource for questions regarding community service opportunities for students.

In addition to helping others in the community, students can improve their resumes by volunteering. Cal Poly records on official transcripts a minimum of 120 hours community service, helping a student's resume become more attractive to prospective employers.

Another opportunity for volunteers to gain recognition is the President's Award. The Cal Poly and General Motors present the award every year to two students and one campus club for volunteer work done outside Cal Poly.

Students living in the residence halls can participate in volunteer work through the Residence Hall Community Service Network. "Each residence hall adopts a nonprofit agency and plans a variety of activities throughout the year," said Lutrin. Activities range from fundraisers to fix-up days involving painting, seeding or other light maintenance for the agency adopted.

Another volunteer program needing student volunteers is Child Abuse Prevention, whose aim is to educate children and adults of the warning signs and ways to prevent child abuse. Some volunteers work with San Luis Obispo Child Protective Services to give presentations to children and their parents.

The Literacy Project offers tutoring services to San Luis Obispo adults. Students help organize Literacy Awareness Week and promote the San Luis Obispo Literacy Council on campus and within the community.

Outreach volunteers work with organizations and programs to assist the developmentally disabled. These programs provide physical fitness instruction, sports training, and competitive experiences for Special Olympics athletes.

Volunteers can become a study buddy for students in kindergarten through 12th grade at all levels through the Youth Education Project. Along with tutoring in state curriculum courses, the project supports English as a Second Language (ESL) by helping youth adjust to a new culture and language. "Adopt a Student" program provides regular visits, phone calls, running errands, shopping trips and just being a friend to one of San Luis Obispo's senior citizens.

The Poly Pain program matches volunteers to children from single parent families "to provide a positive role model for the kids," said John Meese, a representative of Poly Pals.

"The Kids range from Teenage Mutant Ninja Turtles-loving 5-year-olds to lovesick teens," said John Meese.

Students can find out more information about these projects and others at an Expo, coming in February. Representatives from community service organizations will come to campus to speak directly with students about available volunteer and paid positions.

One way to help the community without making a long-term commitment is by participating in the Students on Call program. Volunteers may be called upon at any time for projects that vary from light gardening for an elderly resident to serving as hosts for a benefit auction.

The Community Service Center also hosts nationally and internationally oriented activities into their programs.

The Cal Poly chapter of the Cose service fraternity, Alpha Phi Omega, reactivated in the spring of 1992 with nearly 100 new members. It is the largest greek organization in the United States. Their goal is to build leadership and friendship, and to provide service to the community.

Delta Sigma Theta is another greek service organization on campus. The security works with the San Luis Obispo Women's Shelter and local homeless shelters.

Last November, Lutrin reviewed club charter renewal reports and found that 49 percent of approximately 130 clubs included service among their annual activities. This is a 20 percent increase from 1987 reports, Lutrin said.

"People from all different majors can volunteer for any program," Lutrin said. "Thoughts of one having to be a certain major are misconceptions. You don't have to be a psychology major in order to work with child abuse prevention."
SAFETY

From page 13

We need a new view of a crime than a female," Kennedy said. "We have both genders (viewing the same crime), somewhere in the middle ensures the truth."

The patrols will be responsible for various sectors of the campus and work in cooperation with the city and Public Safety.

In addition to Campus Watch hot patrols, Public Safety will cruise the campus — on mountain bikes.

"A car is a quick response vehicle, but officers are insulated from their surroundings," Kennedy said. "On bikes there is higher visibility. Officers can hear more and there is better contact with people."

Carol Montgomery, a Public Safety officer, said patrolling on a bike is more than in a car.

"When you're on a bike you can get closer to areas that you can't get in a car," she said.

Public safety's bike program is also aimed at helping reduce another crime plaguing Cal Poly — theft.

The City crime report states theft on campus was 14 percent last year, with 428 cases reported. Berrett said Cal Poly ranked third in the City system for property theft.

Mike Kennedy, Cal Poly Police Public Safety investigator, said more than 260 thefts have been reported so far this year.

Berrett said bike theft is the primary crime committed on campus. Most thefts occur anywhere on campus but the majority involve bikes stolen from behind the dorms.

Kennedy said there were 48 bike thefts reported during the first six months of this year.

Property thefts also occur in crowded areas such as the Snack Bar, El Corral Bookstore and the library.

Unsecured bicycles, books, calculators, parking permits and other easily handled items are the major targets, according to Public Safety statistics. Students are advised to lock automobiles and residence hall rooms, use the free lockers in the bookstore and not leave property where it can be picked up easily.

"The three Ps — books, bikes and backpacks — have a tendency to walk away," Kennedy said.

Berrett said students often leave their backpacks and personal belongings unattended at the library and bookstore and many times find them missing when they return.

"It's hard to always be aware when your mind is on your studies," he said, "but students need to be aware that there is a problem with theft on campus."

Many back packs are stolen each quarter from the bookstores, especially during the first few weeks of school and during finals week, Berrett said.

He said Public Safety has installed video cameras in the bookstore to combat the problem.

"We've made several apprehensions because of the video cameras," he said.

Dorm rooms are also a target for theft, he said.

"One time we went to the residence halls to check how many students locked their doors," he said. "Out of 20 rooms, only one was locked."

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LOIS AND MORRO BAY AREA

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Graduating? Check out On-Campus Interviewing.

Attend an Orientation in Chumash Auditorium.

Sept 22 Wed 10-11 am
Sept 23 Th 11-12 noon
Sept 24 Fri 2-3 pm

Sept 20 Buy a Career Interview Bulletin at El Corral Bookstore.

Sept 20-29 Sign-up for Fall Interviews.

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Football

Football finished a 4-5-1 year in 1992 under Coach Lyle Settenich. "If no major injuries occur, we can be an improved team," Settenich said.

Top returning players include All-Western Football back Brian Fitz and tight end Jeff Radcliffe. Fitz led the team in 1992 with 787 yards rushing and 10 touchdowns. Radcliffe may be the best he's seen during his 10-year tenure. Martin Cano and Buster Vornbaum.

Men's Soccer

Second-year coach Terry Crawford said top returners are returning on both squads. Dan Berkeland and defending CCAA and regional champion Jennifer Lacovara will lead the Mustangs this fall. Crawford also coordinates track and field. She said this year's team will consist of many freshmen and transfer students.

The men's team is the defending CCAA champs, and both men's and women's finished in the top 10 nationally.

"We feel confident about the talent return," she said. "This will be an important year in the transition to Division I."

Men's Basketball

Men's basketball finished last season with a 9-17 mark. The team's record was seventh-year head coach Jill Orrock said the team can have better quality depth due to better recruitment in Division I. Gartner said. "We have players who can play anywhere right now."

For now, the team will be gunning for an NCAA Division II playoff berth.

Women's Soccer

Women's soccer finished their first season as a Division II varsity sport at 11-7-2. The Mustangs return eight starters this year, including All-CCAA forward Claire Crozier and two freshmen.

"Some of the recruiting last year was helped by the transition to Division I," Coach Wolfgaiig Gartner has many key returners including All-WCC and national champion Jennifer Lacovara who will lead the Mustangs this fall.

Coach Steve Season said he stands to gain some good players with the move to Division I. "The best basketball players want to play at the best level," he said.

Season said ten players to look for this season are guards Matt Claxton and Jeff Oliver, both All-CCAA honorable mention.

Cross-Country

Several returners will attempt to lead the men's and women's cross country teams to the NCAA California Conference championships and the men placed 10th.

The Mustangs look to challenge teams like Long Beach State, ranked second nationally in 1992. This season, they will face Fresno State, University of Montana, UC Santa Barbara and CSU Northridge.

Women's Volleyball

Women's volleyball looks for its first NCAA postseason appearance since 1989. The team amounted to 22-11 season and ranked fourth in the NCAA Northwest Region.

Coach Craig Cummings, in his fourth season at the helm, said 4 returning players (three starters) and six new members will make up the squad. Jennifer Rayker and Natalie Billman return as middle blockers as does Carre Barabas as setter. Also back is outside hitter Andrea Lonconn who will lead the offensive attack.

"We'll have better competitors this year," Cummings said. "This season's schedule is tougher than last year's."
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In our own back yard...

By Len Arends

Staff Writers

When the parents come to town

Tourist attractions dot landscape from here to Cambria

By Michelle Oelze

San Luis Obispo is nestled in the heart of the Central Coast, which features some of the most popular attractions in California. You can enjoy the area's historical landmarks, its small-storybook towns and vast wineries - all within an hour's drive.

One of the main reasons people visit the Central Coast is to see Hearst Castle in San Simeon. The wonderland setting on a hilltop overlooks the blue Pacific Ocean and captures the imaginations of all ages who visit its 165 lavishly decorated rooms.

"Hearst Castle is probably the most popular attraction on the Coast," said Rebecca Berrero of the San Luis Obispo Chamber of Commerce.

Newspaper Publisher William Randolph Hearst built the castle in 1919 as a summer home. He furnished the architectural marvel with a collection of Spanish and Italian antiques and art.

The castle is open for tours daily, and is $11 for adults. Tours are about one hour and 45 minutes, including a 15-minute drive to the hilltop.

From Hearst Castle visitors can drive five minutes south on Highway 1 to the quaint seaside village of Cambria.

Cambria's leisurely atmosphere offers shopping, camping, beachcombing, whale-watching and just relaxing. If you're in the mood to kick up your heels and listen to live music, pop into Cambria's Saloon in downtown Cambria.

If you want a history lesson about your hometown of San Luis Obispo, there are a few places you may want to see.

Mission San Luis Obispo de Tolosa, founded in 1772 by Father Junipero Serra, was the fifth mission built in a chain of 21 stretching up and down the coast.

San Luis Obispo was an ideal place to build a mission, said Valarie Ratto, mission tour guide.

"You need three things to develop a mission," Ratto said. "A good source of water, fertile land and a friendly native area."

The mission is built of adobe bricks made by local Chumash Indians and is filled with many original artifacts. The mission and its plaza serves as the hub of the city and is still operating as a church.

The Mission Plaza was designed by Cal Poly architecture students in the 1970s and offers special events all year, Ratto said.

Some popular events include La Fiesta in late May, the San Luis Obispo Triathlon in July and the Mozart Festival in late July, said Rich Ogden, recreation coordinator for the Recreation and Parks Department.

For a step back into San Luis Obispo's Victorian history, visit the Jack House on Marsh Street. Built in 1880, the house is a two-story, with more than 2,000 original volumes of books and an antique grand piano, said Betty Stockton, a lifelong resident of the city.

"The intention of the ASI Concert and Film Committee (is) to have a little of everything," said Bob Walters, assistant director of student life and activities.

ASI Concerts will hold at least two performances a quarter, Walters said, and recent improvements to on-campus facilities should make planning easier.

Student Life and Activities also organizes feature film presentations in Chumash Auditorium through the ASI Film Committee. Walters said.

For around $2 or $3, students can see recent motion pictures like "JFK" and "Malcolm X" before they are released on video cassette.

"It's provided as a service to the students," Walters said. "Lots of students on campus don't have a car. We try to make (movie-going) very convenient for students."

About two or three movies are shown every quarter, depending on availability, he said.

ASI Concert and film ticket information is available by calling 756-1154.

When the parents come to town...

Tourist attractions dot landscape from here to Cambria

By Michelle Oelze

Cal Poly Recreation Center, completed this summer, offers a wide variety of athletic endeavors.

The center contains a 7,000-square-foot exercise room, an Olympic-sized swimming pool, a five-court, split level gymnasium, nine racquetball courts and a 6,500-square-foot fitness room.

Amy Waldorf, a business junior, works at the Rec Center and also enjoys spending some free time there. "I just can't seem to get enough of the place," Waldorf said. "I love to work out on the treadmill and the Stairmaster."

It's all-new equipment, which is great.

The Rec Center is open Monday through Friday 6 a.m. to midnight, Saturday from 8 a.m. to 8 p.m. and Sunday from 8 a.m. to midnight.

Intramural team sports are another option for sports addicts. Cal Poly Rec Sports is an organization which offers a variety of competitive leagues for men, women and "co-re" teams.

More than 1,500 students participate every quarter, according to Debbie Perry, administrative supervisor for Intramurals.

"Intramurals are a good way to be with friends, meet people and play a sport you enjoy," Perry said. "It's especially good for incoming students to get to know people."

For more information about the intramural sports program, call the Rec Sports office at 756-1366.

Poly Canyon offers students a natural getaway from their studies.

Sponsored by Cal Poly Arts, theater productions on campus are held at the Cal Poly Theatre, with both student and professional performances.

Presentations by the university drama department and its dance troupe and faculty musical recitals are scheduled for every quarter this year.

And a wide range of international professional performances — from blues to Flamenco — is coming to the Central Asian "throat singing" — will be showing up regularly on campus.

"Professional touring artists (will be) the major focus of Cal Poly Arts in the next two years," said Cal Poly Theatre Program Manager Peter Wilt.

Wilt said the arts program will be shown in the next two years. The Mission is a popular historical landmark in downtown SLO.

MUSTANG DAILY W.O.W. EDITION

Monday, September 13, 1993 21

STEVE MCCRANK/Mustang Daily

The Rec Center will serve as a concert hall for professional entertainers.

Although Cal Poly may be a small campus, bands like Living Colour, Kenny Loggins, Miles Davis, Public Enemy and Santana have all played gigs here in the past. The shows are arranged through ASI's Concert Committee.

And just last year, the university played host to such diverse acts as rock bands The Wet, Snoop Dogg and Faith Evans and country singer Kenny Chesney.

"The leagues available for sign-ups on Sept. 27 include racquetball, volleyball, soccer, 3x3 basketball, flag football, ultimate Frisbee and intramural water polo."

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After hours, the Rec Center will serve as a concert hall for professional entertainers.

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SCARED

From page 13

scenarios.

"Participants are exposed to a
certain amount of stress, so
they'll know what they'll feel like
in dangerous situations," Ken­
nedy said.

The severity of the simula­
tions escalates from sexual
harassment to armed robbery as
participants are guided from the
crime prevention lecture through
the outdoor course.

Randy Johnson, crime preven­
tion specialist at the San Luis
Obispo County Sheriffs Depart­
ment, said the course is useful
for college students.

"The good thing about 'Scared
Safe' is that it's free and realis­
tic," Johnson said.

According to Kennedy, stu­
dents are presented with crime
scenarios that are capable of
happening on campus.

Kennedy said last year Cal
Poly saw an increase in the num­er of reported rapes — from one
in 1991 to three rapes and two
attempted rapes in 1992. So far,
two rape-assaults have been
reported this year.

As an example of a scenario,
Berrett recalled an 18-year-old
Cal Poly student who was away
from home for the first time.
During the simulation of an
armed robbery, an actor pointed
a sawed-off shotgun at the girl's
face and demanded her money.

"She lost it," Berrett said.
"She started to cry. She said it
wasn't the gun that alarmed her,
it was the way the actor spoke to
her."

She said she realized how vul­
erable she would be in
dangerous situations, Berrett
said.

He said in the past only
women took the course, but now
the classes consist of about 60
percent women and 40 percent
men.

"If you're a passive person, it's
hard to be aggressive," he said.
"If you're an aggressive person
it's hard to be passive."

Amanda Brodie, a Public
Safety officer, said she felt more
self-confident after taking the
course.

"My first reaction to fear was
to freeze," Brodie said. "The
program helps you to think more
clearly and to know how you'll
react in different situations."

Because Brodie works at
night, she said it's important for
her to know how to defend her­
sel."

"I attended the course as a
pro-active stance," she said.
"Now I know I can handle myself
in dangerous situations."

Each crime re-enactment is
reviewed for authenticity by law
enforcement personnel and by
survivors of the particular type
of crime being simulated.

According to Berrett, after the
scenario, the participants un­
dergo a debriefing session in
which participants and role-
players share observations and
strategies.

"You can't prevent a lot of
things that happen to you," said
Jeanette Trumpeter, a "Scared
Safe" graduate and local
television reporter. "But you can
protect yourself."

Trumpeter said the program
offers strategies to help you stay
calm in life-threatening situa­
tions.

Developed in 1983, "Scared Safe"
introduced the first prototypes of
this program in San Luis Obispo.
City offers more than meets the eye

Students need not be 21 to have fun in San Luis Obispo

By Michelle Stephens and Kelly Rice
Staff Writers

At first glance, the college towns of San Luis Obispo may not appear to offer much entertainment to people under the age of 21. However, a deeper look into the community and surrounding areas, the beaches and other entertainment "hot-spots" will reveal a wealth of things to do.

* Morro Bay State Park

Nestled quietly alongside Morro Bay, the Morro Bay State Park is a beautifully forested area that offers a wide range of fun and educational things to do. Spreading over 1,965 acres of land, the park is considered to be one of the biggest marshlands on the California coast. The park contains an estuary and a camping and picnic area. Numerous hiking trails are available to view wildflowers, birds and other wildlife.

Morro Bay State Park also offers other recreational activities, including golf on its 18-hole course, a small boat harbor, boat rentals and the Morro Bay Museum of Natural History.

The museum, which overlooks Morro Bay, includes displays, hands-on exhibits and video and audio presentations. It also offers nature walks and lectures on local wildlife, the geology of the area and the history of the native Americans that inhabited the Morro Bay area.

The Central Coast's dramatic coastline deserves closer inspection.

* Lake Nacimiento and Lake San Antonio

If you enjoy fishing, swimming, boating, water-skiing or just relaxing in the sun, you'll want to visit Lake Nacimiento or Lake San Antonio. Located north of Paso Robles, these lakes are set back into a valley of oak and pine trees.

According to Lake Nacimiento Administrative Assistant Connie Flowers, there are many things to do at Lake Nacimiento.

"It's an affordable outing — an inexpensive way to spend the weekend with friends," she said. "We have volleyball, horseshoes, a swimming pool and hot tub. There's 165 miles of shoreline with coves and day beaches you can visit."

Lake San Antonio has much of the same — boat rentals, picnics and a great place for fishing, skiing and fishing.

"The Bullsweat is the true taste experience that must be tasted firsthand," said Christ Pika, owner of Loco Ranchero. "People that dress up in 70s attire get in free."

The Graduate is known for its 21st birthday celebration drink that forgoes description. At Bull's Tavern, it's the notorious Bull'sweat.

"This is a place for students," said Bull's bartender Joe Conijn said.

Each establishment has their own special drink. At The Cellar at Brubeck's, the "Ballbust is the true taste experience that must be tasted firsthand," said Elise Taylor, a bartender at The Cellar. "This is a place for students."

Tortilla Flats holds fund-raisers for students from Cal Poly and Cuesta College.

"We also don't charge students a cover if they're over 21 and with an I.D. (identification)," said Elias Poly, a bartender at Tortilla Flats. "This is a place for students."

New trails at Montana de Oro lead to miles of open empty beaches.

SLO bars get ready for return of college students

By Kelly Gilliam and Suzanne Hook
Staff Writers

Long lines and late nights will once again come to bars in San Luis Obispo as college students return to Cal Poly.

Believe it or not, this small college town has numerous entertainment establishments to keep students over the age of 21 busy throughout the week.

Here's a guide to help get acquainted with the city's nightlife.

A variety of happy hours are hosted by a handful of bars. Izzy Ortega's, located at the north end of town, has planned their "3rd Annual Back-to-School Bash," September 23 through 25.

"We're offering up-dollar margaritas in a spinning bar—chair," Tomy Bresault said, an employee at Izzy's.

Special happy hours are offered at the Mustang Tavern in a more casual setting.

"People can come wearing sweatpants and bare feet and fit in," said Brian Eddy, a bartender at the tavern.

The Tavern's happy hours are Wednesday, Friday and Saturday at 7 p.m. through 10 p.m. SLO Brew schedules great bands like Rock Steady Pose and The Names, said Carolyn Spencer, a Cal Poly psychology senior.

For those seeking a relaxing atmosphere, live solo guitarists play at Charlie's Bar and Grill Thursday through Saturday, starting at 9:30 p.m. SLO Brew schedules great bands like Rock Steady Pose and The Names, said Carolyn Spencer, a Cal Poly psychology senior.

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**HOUSING**

From page 17

Like Cal Poly, CSU Fuller- ton's housing office provides students who are looking for off- campus housing with a rental list of all available units. But the job of contacting the owner and actually looking at the house is up to the students.

There is no lack of student housing in San Luis Obispo, Toll said. "Students have a large inventory of available housing," he said. "It becomes personal preference after a while. For some reason, students prefer to live downtown in single family residences instead of large complexes."

And he said rent prices in San Luis Obispo have remained stable in the last year, making it a renter's market. "Rental prices have only varied about five percent," he said.

He said timing is important when looking for housing. "It depends on the month you look," he said. "In June or July, it's real easy to find something. If you wait until October, it's hard to find something acceptable."

There are a number of different ways to look for adequate housing. The classified section of the local newspaper is one way. Another is to take advantage of services offered by different property management agencies in San Luis Obispo, like Toll's Century 21.

"Highly percent of our clients are students," Toll said. "We have a program that helps students find housing."

According to the San Luis Obispo Chamber of Commerce, there are six other major property management agencies: Brazil Properties, Broker Property Management, California West Inc., Henry Rentals, Manderley Property Management and Toll Management.

Cal Poly's Housing Office is another avenue for finding housing. Jane Serjeant, clerical assistant at the Housing Office, said there's an up-to-date housing list students can access by phone.

Rental managers and property owners call and leave rental information on a recording. Then, students call to hear what is available on the voice mail message. Serjeant said this system is beneficial to students. "Students don't have to deal with our hours," she said. "They can call 24 hours a day, seven days a week."

Interim Director of Housing Stephen Lamb said the phone system is easy for students to use. "The student talks directly with the person renting the apartment," he said. "There's no third person, and the listings are always up to date."

Lamb said another way to find housing. "If you have the time, drive around town and look for rent signs," he said. "I think that's how a lot of people do it."

Both Lamb and Toll offered tips to follow when housing is found.

Lamb suggested students try to negotiate with the manager on the rental price.

"You've definitely looking at a renter's market and in that case, rents are negotiable," he said. "It can't hurt. It may not affect the bottom line, but why not try? The worst that could happen is they say, 'no.' "

Toll stressed reading the contract over a couple times. "Read your contract," Toll said. "Ask if you can take 15 minutes to read it."

Toll also suggested stressing appropriately when looking for housing.

"Wearing basketball shoes, a hat on backwards with no shirt does not make a very good first impression," he said. "You are more likely to get a better reception from a prospective renter and manager are more likely to get what you looking for if of prospective tenants wear appropriate attire."

Toll also is important to remember two ordinances when looking for housing. "You can't have more than five unrelated people living in one dwelling without a special permit from the city," Toll said. "I don't think the permit is hard to obtain, but you do have to apply."

"There is also a new noise ordinance that says, if students are causing noise and the police come, they can choose to cite you the first time," he added. "If they cite you three times, it can become the responsibility of the property owner to either rectify the problem or incur a fine."

But, Toll said he rarely has had problems with his student renters.

"Overall, the students I've dealt with are quite peaceful," he said. "They had few major problems ... (but) most kids are serious and well-informed."

**SPORTS**

From page 19

sophomores Lisa Dellazio and prep All-American Kelly Quinn, a senior, will be wrappers to watch this year as well.

"We lost all divers on both men's and women's squad," he said, but, "we still hope to field a very competitive team this year."

Baseball

Baseball will enter the upcoming season hungry for a national championship after a 36-18 record and 11-9 conference record last year. The Mustangs will have to replace four starters, including lefty pitcher Shannon Stephens, the team's top returnee.

Division II Championships in Alabama last spring, August, is on Cal Poly's radar. Although the Mustangs lost a number of pitchers, 50-year coach Steve McFarland said a strong nucleus of players are returning.

All-CCAA and West Regional MVP outfielder Rob Neal and hitting hero Shannon Stephens are the top returnees.

"McFarland said the squad's priority is to join the Western Intercollegiate Baseball Conference for the 1995 Division I season. Recruiting is going very well," he said. "Our goal this year is to win the national championships."

Softball

Softball scored a 20-16 record, including an 18-7 record in CCAA play. Fifth-year coach Rose McFarland will have the 1993 CCAA Player of the Year returning in senior Christie Parches. She led the team with 29 runs batted in and a .480 batting average.

The team batted .304 for the season.

The Mustangs will look to graduate student outfielder Rob Neal and senior infielder Shannon Stephens, the team's top returnee.

ON CAMPUSS

From page 21

has been diversifying its offerings in anticipation of the Performing Arts Center's completion.

The center, scheduled to begin construction fall this year and be completed in late 1995, will be the largest venue on the Central Coast. It will sit adjacent to the existing Cal Poly Theatre.

A schedule of Cal Poly Arts 1995-96 performances is available in the lobbies of the Administration Building, Cal Poly Theatre and at the Information Desk in the University Union.

The University Union is another activity focal point, providing resources and information for a variety of avocations.

The Escape Route, located on the UU and the Administration Building, is free for certified students. "Anyone can sign up for these trips," he said. "And because we're downtown, they're very affordable."

He said the American River rafting trip originated, which included food and transportation.

Tom Handel, a recreation administration student and volunteer manager of the Escape Route, said the club is a place for "hanging out."

"It's a great place to network and meet people who have similar interests," he said. "In the fall we have movie nights nightly, and we're always playing music. We encourage everyone to come in."

But the Escape Route's most basic adventure is standing right outside its door.

What started out as one student's senior project is now a source of excitement and entertainment for many students. The Escape Route, located on the UU and the Administration Building, is free for certified students to use.

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CAPSTONE REAL ESTATE SERVICES, INC.
From page 21

Family and are offered Wednesdays and Fridays during the summer months and the first Sunday of each month beginning in October. The tours run from 1 to 4 p.m.

An event that captures the essence of San Luis Obispo's quaint downtown is Farmer's Market on Higuera Street. The Thursday-night tradition is a combination of entertainment, barbecues and tables covered with choice produce from local farmers.

"Farmer's market started as a way to create a community event," Berner said. "You see a lot of people you know there, and get great deals on vegetables."

Other local growers produce award-winning grapes in wineries scattered throughout the Central Coast.

Taking a drive through San Luis Obispo's scenic wine country is a popular way for locals and visitors to spend the day. Wineries open their doors and offer tastes of premium wines. Some even offer specialty food samples.

"Wineries are one of the top reasons people visit the Central Coast," Berner said.

York Mountain Winery in Templeton is one of the oldest in the area, and Maison Dentz Winery in Arroyo Grande is a popular spot.

Another place on the Central Coast's must-see list is the world-renowned Madonna Inn. This attraction, set off Highway 101, can't be missed with its cotton-candy pink exterior and its pastoral setting.

It's fairyland interior is always extravagantly decorated for each season. This is one place you'll want to spend some time gawking at.

Each of the Inn's 109 rooms is uniquely decorated. The caveman room, for example, has solid rock floors, walls ceilings and fixtures.

The primitive looking room, with itsrock shower and a warm waterfall, books one year in advance, said Teresa Medrano, Madonna Inn desk clerk.

If you don't have $89 to $185 for an overnight stay at the Inn or the time for an elegant dinner at its restaurant, you can always visit the Madonna Inn coffee shop and bakery.

By the way, make sure to take a stroll down the stairs to the infamous men's bathroom to check out it's waterfall urinal.

According to Edna Mays, a Madonna Inn employee for 33 years, the men's bathroom seems to be the most intriguing spot.

If you're looking for some mom and pop hospitality and some outrageous apple pie, the Apple Farm is the place to go.

This quaint country establishment with its Victorian-styled inn and restaurant makes any visitor feel so welcomed they may feel like moving in.

"Our goal is to provide a getaway for people who live fast-paced lives," said Dee Mason, Apple Farm director of sales.

The Apple Farm, founded in 1977, catered mostly to university students. Sixteen years later the Apple Farm Inn and Restaurant opens its doors to people of all ages.

"It's an excellent place to take your parents and relatives," said John Weber, a political science junior.

Across from the restaurant stands the Apple Farm Millhouse, a working mill with a 14-foot water wheel. The wheel powers a gristmill ice cream maker and cider press. Sometimes you can even get free samples.

If you plan on eating at the restaurant, reservations are recommended.

If you want to become part of San Luis Obispo's living history, the downtown Bubble Gum Alley, off Higuera Street, is the place to do it.

You must see this attraction for yourself. And remember to bring lots of bubble gum.
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**These prices effective from 8 a.m. Wednesday, September 15 through midnight Tuesday, September 21, 1993.**

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DIVERSIONS

From page 26

To get certified, a student must take a one-to-two-hour class costing $5. The class teaches the required knots, how to use the harnesses and other basic climbing techniques. Once the student passes the class, he or she must then purchase a $10 certification sticker, good for one quarter.

Ed Ho, a mechanical engineering junior, started climbing 1½ years ago and is a volunteer supervisor for the wall.

"The climbing wall is a nice workout for my arms and it's also a lot of fun," he said. "I try to climb at least two hours a week."

This fall the Escape Route will be open Monday through Friday from 9 a.m. to 5 p.m., plus $.75 for shoes.

The game room is open fall through spring from 9 a.m. to 11 p.m. Sundays, 10 a.m. to midnight Mondays and Wednesdays, 10 a.m. to 5 p.m. Tuesdays, 10 a.m. to midnight Fridays, 10 a.m. to 11 p.m. Saturdays and noon to midnight Fridays, 10 a.m. to midnight Saturdays and noon to midnight Sundays. Students must have a $5 game room membership card costing $5. The game room also sells bike supplies, Cal Poly Greek supplies, poster paper and pens.

"Some people come in here to work on architecture or engineering projects if the labs are closed," said Todd Marcus, a graphic communications senior. "But mostly people come in for their own enjoyment."

The Craft Center is open 9 a.m. to 9 p.m. Monday through Thursday, 9 a.m. to 5 p.m. Fridays and from noon to 5 p.m. on weekends.

More down-and-dirty fun is possible by taking to the trails which lace the hills and valleys north of campus.

"I love mountain biking in Poly Canyon whenever I get a chance — which is about twice a week," said Stephanie Schoenfeld, a human development freshman. "It's pretty much a beginning to intermediate ride with a few real challenging hills."

The Poly Loop, located behind the North Mountain residence halls, is an eight-mile bike, hike, jog or walk through Poly Canyon.

When the pressure of schoolwork becomes too much, jogging or walking through Poly Canyon whenever I get a chance — which is about twice a week," said Stephanie Schoenfeld, a human development freshman. "It's pretty much a beginning to intermediate ride with a few real challenging hills."

The Poly Loop, located behind the North Mountain residence halls, is an eight-mile bike, hike, jog or walk through Poly Canyon.

All the trails are secluded and completely surrounded by nature.

And if a student is just looking for his or her special little niche, a list of some 400 clubs, fraternities, sororities, boards and councils is available from the Student Life and Activities Office on the second floor of the UU.
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From page 25:

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- Four Diego, in Atascadero Lake from Pismo Beach to the coast.
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- Pismo Beach Communications
- Join the fun from 10 a.m. to 5 p.m. daily. The zoo has a petting zoo, like surfing, fishing and swimming. Beachcombing, clam digging, hiking and horseback riding are also favorite activities.
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Night sessions are Friday through Saturday, from 7 p.m. to 9 p.m. and 9 p.m. to 11 p.m. These sessions cost $4, $1.50 for roller-skates and $3 for roller-blades.

Flippo's is located at 220 Atascadero Rd. in Morro Bay.

Loco Ranchero Restaurant

Loco Ranchero opens its doors to those under 21 for dancing Monday through Thursday. Monday is Family Night with an all-you-can-eat barbecue and country western music. After 9 p.m., the age limit is bumped up to 18 and older for country dancing.

Hip-hop music is played on Tuesday nights, and "techno deep-house" music is played during "Micro-Rave" Wednesdays, said Loyal Pennings, Loco Ranchero's general manager. Doors open at 9 p.m.

Live bands, most from San Luis Obispo, play on Thursday nights.

"Loco's always has some good concerts," said English junior Matt Huddleston, 21. "The place is spacious, up on a hill, away from everyone, and it's not the same old downtown scene."

The cover charge for all nights

See STUFF TO DO, page 45

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MONDAY, SEPTEMBER 13, 1993

STUFF TO DO

From page 41

is $6, excluding some live performances. Loco Ranchero Restaurant is at 1772 Calle Josequin Rd. Take the Los Osos Valley Road exit off Highway 101, and go to the top of the hill.

• The Graduate

The Graduate offers a mix of country western and rock music on Wednesday and Saturday nights for those 18 and older.

MORE SPORTS

From page 26

season, its highest mark in five years.

4 go to the top of the hill.

Road exit of Highway 101, and Rd. 'Ihke the Los Osos Valley taurant is at 1772 Calle Joaquin mances. Loco Rancherò Res­

Three returning All-Americans will help the Mustangs attempt to pass last year's finishes. Seniors Mare Oliver and Rica­

do Reyes will lead the men. Tracy Arnold, ranked fourth in the nation at Division II, will pace the woman's team.

“Probably the biggest change will be in our schedule," said third-year coach Chris Eppright. "We'll play more Division I transition."

"We'll play more Division I and the women were runner­

noms. Loco Rancherò Res­

"The Grad is a prime spot to go if your under 21 and you like to have fun," said political science senior theryl Larkin. "You can learn how to country dance and even if you are not a big fan of country, the fun atmos­

phere allows you to have a good time."

For those under 21, the cover charge is $6. Dance lessons for everyone begin at 8:30 p.m. The Grad is located at 990 In­

dustrial Way, off Broad Street, toward the San Luis Obispo Air­

port.

"Probably the biggest change I'll notice this year is the new atmosphere," said political science senior Sheryl Larkin.

"The Grad is a prime spot to have fun," said club member Leticia Martinez. "People of all ages come here to socialize and have a good time."

"I think the biggest change will be the new management," said club member Robert Jones.

"I think the biggest change will be the new management," said club member Robert Jones.
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