Angela Vengel

By VERN AHRENDES

30 election responsible

BY CHERLEY JOHNSON

The shift in importance from the selection of presidential candidates at conventions to the selection of candidates via primaries, which occurred because of the 1968 election, has resulted in a loss of power among leaders in both the Republican and Democratic parties.

Dr. Robert Polsby, political science professor at the University of California at Berkeley, to a roomful of students and political science professors during a lecture on the transformation of the party system and the presidential Thursday.

"1968 was an important year in American politics—maybe a little bit too important for our own good," said Polsby, a former managing editor of the American Political Science Review.

According to Polsby, three things occurred during the 1968 campaign which led to the alteration in the selection of presidential candidates.

The first thing Polsby cited was the manner in which then-President Lyndon Johnson showed himself in the early primaries such as New Hampshire and how it was reported in the press.

Johnson, said Polsby, lost out to a phantom candidate named "Expected." So-and-so got such-and-such a percentage of the vote but he did not do as well as "Expected," Polsby said the news commentary went at the time.

While reporters downplayed Johnson's advantage, they oversold Eugene McCarthy's showing by stating he did "better than Expected," Polsby continued.

By late March of that election year, Johnson withdrew from seeking the nomination, not leaving Hubert Humphrey enough time to mount a campaign.

Polsby was dead. His supporters migrated en masse to the McCarthy camp.

In 1968, said Polsby, the Democrats were divided into three equal blocs: the Johnson loyalists who condemned the conduct of the Vietnam war and supported the presidency, the McCarthy rebels, who condemned both the war and the presidency; and the Robert Kennedy faction, who were pro-presidentialist, who distanced themselves from the campaign and supported the McGovern-Fraser Commission, said Polsby.

"For purposes of party reform, it is the Democratic party in the engine that drives most of these changes," he said.

Reform did come in the form of guidelines to govern the selection of state party-national party delegates by the McGovern-Fraser Commission, said Polsby.

State party leaders said Polsby: parties lost power

Polisi class to get out on the campaign trail

BY VERN AHRENDES

Everything that you have always wanted to know about campaigns but were afraid to ask is the theme behind a new practical politics course that will be offered fall quarter.

The purpose of the course—Practical Politics 470—is to give the students experience in working with a campaign.

Three offshoots of campaigning will be analyzed—how the press covers the campaign, how the campaign uses public relations and how the campaign uses its finances.

"A lot of students say that they wish to become involved in a campaign and maybe all that they need is the carrot of credit from a university to get involved in a campaign," said D. Carl Lutrin, a political science professor at the University of California at Berkeley.

Lutrin is excited about the prospects for the class.

"Each student will have to attach themselves to a campaign but there is a wide field to choose from," Lutrin said. "Even something like Diablo Canyon is acceptable. The issue does not have to be on the ballot to be campaign."

Lutrin sees the presidential and senatorial races will draw the most attention.

"The most glamorous campaigns will be the presidential ones but the state race is just as important," he said. "Alas, Granston is a blood of the target of the
Voter’s moods

The California primaries are over and voters had some strong feelings to vent about what they do and don’t like.

Three-fourths of the voters agreed the press should have more knowledge of the law—caused voters to think the tax was voting that way and that person is the constitutional right to keep sources confidential. It will be interesting to see the courts reaction to the new amendment—and still now, the courts have denied such rights, based on conflicts with the U.S. Constitution. But will the court heed massive public opinion?

The other energy bill—Proposition 8, which will stimulate the production of more energy—will be passed on to pump prices. By a slimmer margin—44 to 56 percent—California residents voted for Proposition 1—the Parklands bill would have cost an estimated $859 million; the Capitol improvements on property makes it tougher to spend more money on. Still, mere recognition of a proposition makes it tougher to spend more money on. With possibilities like that, don’t be surprised to see the November election decided in the House of Representatives.

In fourth grade I was voted into the role of the toad turned princess in the school play. I was the girl with the longest hair. Now, years later, it seems some people’s voting habits haven’t changed since childhood.

One popular voting technique I often hear of is based on the size of a person’s or issue’s publicity campaign. But just as my hair was no sign of acting ability, a barrage of billboards or TV spots is no assurance of political competency in a candidate or effectiveness of a Proposition. While some recognition of a name or number on the ballot captures a considerable amount of the votes.

Another popular voting strategy is “see how other people are voting and vote as to how you feel about those individuals.” I’ve heard some students defend their voting decisions not on their knowledge of the issue, but because a parent, teacher or close friend is voting that way and that person is always right. It is good to look at someone who is politically knowledgeable, but first, an objective look at the issue itself is a better base for an intelligent decision on your own.

Then there are always the voters who try the revenge method of voting. This is the old “I’ll cancel their vote” system where a person votes against something because someone they dislike is voting for it. This system is recently in vogue at Cal Poly because of the controversial interview with Howard Jarvis in the Mustang Daily. Admittedly, Jarvis didn’t endeavor himself to the hearts of SLO residents, but it was Proposition 9, and not the role of the toad turned princess that was at issue. Voting against Proposition 9 to get back at Jarvis is as sensible as eating bagels to get back at Hitler. I am not condoning or refusing the merits of either Jarvis or the proposition, just emphasizing the separation of the two.

In accepting the responsibility of the voting privilege, every registered voter has an obligation to understand who and what he is voting for. The California Baker Prop 14 was like the type of reading material I would choose to relax on a sunny afternoon, and the parade of political candidates can be confusing at times, but at least a general knowledge of current issues and candidates is needed.

I know too many voters who enter voting booth with the “one from out of town” syndrome. If these voters aren’t adequately informed on a certain issue, they can choose to vote on that issue. However, this is an excuse for heading to the box and 3. Complaining about the government is a sorry substitute when you have the choice of doing something as simple as voting to help change it.

Author Vicki Miller is a second journalism major and a Mustang Daily staff writer.

Each vote cast intelligently is important. It was by that proverbial vote that I lost the title of Dust off Queen in the sixth grade maybe shouldn’t have cut my hair! TV, year-olds are fickle. Voting-age still should have more conviction grounded on knowledge to support their decisions.

Daily policy

The policy of Mustang Daily regarding letters and submitted material such as letters and press releases outside of the newspaper staff it follows:

Letters should be submitted to Mustang Daily office in Graphic Arts Building, 226, 9 a.m. to 5 p.m. weekdays, or by mail to Editor, Mustang Daily, 226, Cal Poly, San Luis Obispo 93407. Letters should include the writer’s name and a phone number or address, and may be edited for length, style, and format. Letters should be kept as brief as possible. Inordinately long letters need not be printed. Mustang Daily encourages the comments on news stories, opinions, and editorials.

Press releases should be submitted early as possible to the news editor the Mustang Daily office or by mail releases should include a phase number and name where further information may be obtained.

Editors reserve the right to condense, rewrite and make judgments based on the value.
Letters

Prolong racism

I feel like I have to make a few comments to the June 3rd interview with AC president, James Patton, on the topic of subtle forms of racism. Mr. Patton himself walks by you and they won’t look at you. They don’t even deal with it. In talking about a problem, Mr. Patton failed to mention the total social scope of the problem, a problem which can only be self-perpetuating, two-way distance, while recently playing third party’s tennis ball cooled count where two blacks were A ‘help please’ request from old party to knock the ball over totally ignored. Finally, I think the color line is white run over to their old hit the present-day black African history, and how pain-filled world will be all of the pain and unpleasantness that have been around ever since Adam and Eve knewed on the apple.

I suggest that the administration adopt an androgynous approach to naming hurricanes. By choosing unique titles they could make hurricanes neither masculine nor feminine. The administration could choose names like Richard, Gary, Thomas, Virginia and Ben, which “ill begin June 1st test capability of the facilities.” the course will cover the major characteristics of popular microprocessor sets and operating properties. Extensive use will be made of programming techniques in providing solutions for application problems. Class meetings will be from 6 to 9 p.m. on Wednesdays from June 1 through Aug. 20 in Room 245 of the Computer Science Building. Fee for the three-unit professional credit course is $61 and pre-registration is required by June 11. For more information, call 646-2031.

Beta Pi—

On the June Beta Pi membership with academic recognition and high character. Normally, this is an honor, however today it is not, in your ethical and moral stands for your Monte Mills dance tour follow-up apology. I also in future membership. Honesty and integrity—’I quote your own words but Tau Beta Pi, are these only words?’

Vicky Syage

Draft needed

Editors:

In regard to Rose Anne Wenta’s May 30 article concerning the military draft:

No doubt your article may receive much more support than will my letter, Ms. Wenta. However, I find it necessary to oppose your views on the military draft to extend beyond.

I agree with your cry of ‘Wake up, people!’ Yes, I believe we should all wake up at little and let us wake objectively. Instead of thinking about our rights, wouldn’t it be better to look at every side of the draft issue? Granted, a draft would hurt a lot of people who have made other plans, and unjustly kill or injure many others in the event of a war. However, common elementary-school playground experience tells us that a strong defense is the best deterrent to an aggressive offense.

It is not my intention to advocate the killing of another human being. During my third and a half years on active duty and one year in the California Air National Guard, I have yet to meet a person in or out of the military who doesn’t respect the thought of war, killing, or being killed. I would not have my present opinions if I had met those who enjoyed war.

Ms. Wenta, the fact that your father served in Vietnam and your family friend in Korea is hardly a qualifying example. We have to build such things as a self-perpetuating, two-way disease which ‘ill soon reach a third party’s tennis ball rolled over to their ally ignored. Finally, I (the color line is white) ran over to their old hit the present-day black African history, and how pain-filled world will be all of the pain and unpleasantness that have been around ever since Adam and Eve knewed on the apple.

I don’t think that any man would have to be likened to a hurricane for the same reason that women are. And what person wants to be linked to something that caused death and destruction?

The National Oceanic and Atmospheric Administration has already released the list of names that will be used for this year’s hurricane season. On the official list of Atlantic and Caribbean storms for the June 1 season are: Allen, Bonnie, Charles, Danielle, Earl, Frances, Georges, Hermine, Ivan, Jeanne, Karl, Lisa, Mitch, Nicole, Otto, Paula, Richard, Shirley, Thomas, Virginia and Walter.

I suggest that the administration adopt an androgynous approach to naming hurricanes. By choosing unique titles they could make hurricanes neither masculine nor feminine. The administration could choose names like Richard, Gary, Thomas, Virginia and Ben, which “ill begin June 1st test capability of the facilities.” the course will cover the major characteristics of popular microprocessor sets and operating properties. Extensive use will be made of programming techniques in providing solutions for application problems. Class meetings will be from 6 to 9 p.m. on Wednesdays from June 1 through Aug. 20 in Room 245 of the Computer Science Building. Fee for the three-unit professional credit course is $61 and pre-registration is required by June 11. For more information, call 646-2031.

Women’s lib in stormy issue

The National Oceanic and Atmospheric Administration has decided to continue naming hurricanes after men. The purpose of assigning names to hurricanes is to reduce confusion when two or more hurricanes are tracked at one time, according to the administration. That makes sense. But what was the reasoning used by the Oceanic and Atmospheric Administration in adding male names to the list? One could speculate that it was because the administration had run out of female names for hurricanes. Or is it because the administration thought that men should have an equal chance to have hurricanes named after them?

Whatever happened to tradition? It used to be that hurricanes were always named after women; for example, hurricanes Camille and Agnes. Female names were chosen because women, supposedly, were unpredictable and subject to changing their minds, just like a hurricane often suddenly changes direction. I don’t think that any man would have to be likened to a hurricane for the same reason that women are. And what person wants to be linked to something that caused death and destruction?

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Student struggles to get vote

BY VERN AHRENDES

The ASI Internal Affairs officer is waging a battle to become the first student voting member on the University Foundation Board of Directors. Jeff Shapiro has been struggling for the last year to get students a representative vote on the board. Shapiro has used Title 5 of the California State and Colleges code for the basis of his argument.

The code states that any substantial change after April 1, 1969, will consist of a voting board of administrator or staff; faculty; students; and non-campus personnel.

The first two parts of this code have been fulfilled but there are no voting members from the student or non-campus personnel category.

The seven member board establishes corporate policy and procedures compatible with the policy of the university and the California State University and Colleges system.

"Being students, we are not only consumers of the Foundation but we are also investors," said Shapiro. "In any business or corporation, investors must have a say on the Board of Directors." Shapiro began his crusade during winter quarter. He sat on the board during fall quarter as the representative of 15,700 students.

He felt because he was a non-voting member he could not effectively represent such a large organization.

"During the fall quarter I sat on the board and said what was expected of me," Shapiro said. "I felt that for some reason, with all of the administrators, I just did not have weight as a representative of such a large body."

From the winter quarter on, he set as his goal to become a voting board member. The initial main campaign was to mail a questionnaire to the 15,000 CSUC students inquiring about their Foundation vote. From the data compiled, he used the results to help get a voting student member is viable and an alternative.

Using the results from the questionnaire, Shapiro wrote President Warren Baker urging the addition of a student voting board member. In his letter, Baker said Shapiro's proposal had considerable merit, but the legal implications needed further checking.

"I personally believe your suggestion has merit and I have asked Dr. Dale Andrews, the Board of Directors president, to fully explore the implications of such a change," Baker stated. "I am not sure that he has, in turn, referred the proposal to Foundation's Executive Director for a legal counsel." The letter led the Foundation to hold an open discussion to discuss this matter but it was unregarded at the May meeting.

Dale Andrews said the board should be able to deal on the issue during one of the summer sessions and that he should know definitely by fall.

BY CHERYL JOHNSON

While educators at all levels of education struggle with the fact that Johnny cannot read, others battle with the issue that most of the "Johnnies" do not comprehend math either.

A recent Mathematics Education Forum lecture held at Cal Poly for elementary and secondary school teachers on the Central Coast, a specialist in mathematics education told the audience that the difficulties are related to the way in which mathematics is taught.

According to the May 6 edition of the Telegraph Tribune, Dr. Peter Hilton attributed student learning problems to the fact that teaching is "Institutionalizing" and the problem presented to them "contrived" and "superficial".

"In listing the criticisms, the most basic is of the curriculum at the elementary level," said Hilton, a visiting professor of mathematics at the University of Santa Clara, in an interview with the Mustang Daily some days after the lecture.

It is, however, no fault of the teachers. Hilton said. The curriculum has been forced upon them and institutionalized by test.

"Present techniques of teaching mathematics do not encourage the student to learn to think, but place a premium on memorization, said Hilton. Hilton, a member of the faculty of the Case Western Reserve in Cleveland, Ohio.

Students get frightened about what will be asked on tests rather than gain an understanding of the concepts, he said.

Because students are led to believe there is a single right answer and to find that single right answer, they become scared they will be marked wrong and made to look foolish if they do not answer in the prescribed manner, added Hilton.

By the time the student reaches the college "to a considerable extent the damage has already been done," he said.

"Students find it possible to break out of that pattern; when they come to college, they have to think in the terms—I have to do this," he added.

Because the student attempts to achieve proficiency which will not only help him over the bridge, he or she does not learn that mathematics is an "continual, growing, intriguing" subject, he said.

"That essential natures of the mathematics is natural lost," said Hilton.

"That essential natures of that the importance of mathematics is not finding the correct answer but in asking the process," he added.

"Teachers should try to get the students to be able to see where they are at, rather than show them where they are," he said.

"The essential nature of mathematics is in technique," Hilton added.

"The essential nature of mathematics in technique in that because of technology in progress, computers and new electronic devices, the new terminology should be occurring in the mathematics courses. The sciences should probably be new and exciting mathematical applications," Hilton said.

"The sciences are teaching these things, but the mathematics is not teaching any of these things," he said.

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Math trouble stems from pre-college

BY CHERYL JOHNSON

A Cal Poly Extension course entitled "The Psychology of Death" will begin Wednesday, June 23.

"Being aware of death can have a positive effect on a person's life," said Dr. Donald Stanley, teacher for the class. The course is designed to help participants get in touch with their feelings about death and to prepare them emotionally for death.

Among the topics to be discussed are how grief works, the individual perceptions of death, cultural, religious and personal factors; suicide; the psychology of the grieving process; and bereavement.

Class meetings will be from noon to 2 p.m. weekdays from June 23 through July 11 in Room 204 of the Graphic Arts Building. Fee for the three-unit course is $87 and registration is required at the first class meeting.

For more information, call 546-2003.

Psychology of death program offered

BY VERN AHRENDES

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KKK leader refused support

LOS ANGELES (AP) - Democratic officials said they "will support" Brown's initiative to cut jobs in the state. Brown's campaign message is that the state must get back to work. "We support a strong work ethic," said Ed Whitaker, who led the initiative to cut jobs in the state.

The estimated $1.25 billion in increased yearly revenue will be used to fund shelters for abused women and children.

The measure, SB1246 by Sen. Robert Presley, D-Riverside, is effective immediately.

About $125,000 of the increased revenue will be allocated for six shelters set up by a 1977 Presley bill, in Riverside, San Diego, Yorba Linda, Costa Mesa and Aptos.

The rest will go to shelters in other counties. Each county must raise its own costs, but the extra money if it sets up a program to deal with, marital violence, spousal abuse, and child abuse.

Counties, which do not set up such programs must raise the money over the state.

Brown increases marriage price

SACRAMENTO (AP) - A bill that boosts the average cost of a marriage license in California to $18 from $10 has been signed into law by Gov. Edmund Brown Jr.

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For the eighth year in a row, a Cal Poly fire control team will join the U.S. Forest Service in battling the perennial fires that sweep the dry chaparral and desert regions of California from June to September.

Since 1973, the Natural Resource Management department and advisor Dr. Walter Mark have put together the fire fighting team as a part of the fire control and theory classes taught at Poly.

"It's a great way to get experience fighting fires," said Robert Pryor, crew chief this year of the Cal Poly Thermodynamics team. "As crew chief, the 24-year-old natural resource management senior is responsible for the 50-member Thermos crew. Each spring a 32-hour training program covers subjects like helicopter safety, hand tool use and safety, and hand-line construction.くるリ said. "We also require a complete physical exam and a cardiovascular step-test for all volunteers."

Pryor's electronic pager is a Cal Poly fire control and theory class student. As crew chief, the 24-year-old natural resource management senior is responsible for the 50-member Thermos team.

During the 1979 season, the Cal Poly fire crew were called for 24 hours a day, seven days a week starting June 14, the end of their month-long training. When the Forest Service needs the Poly firefighters, Pryor's electronic pager alerts him. He then has two hours to summon his working crew of 20 men and women to the U.S.F.S. Fire Cache behind Cuesta College. From there, they are bussed or airlifted to the blaze, which could be in San Luis Obispo County, or thousands of miles away where a major fire rages out of control.

"It takes a lot of character to be a firefighter," the wiry 24-year-old Pryor said. "On the small fire we fought last week, the fire controlled, means at least 25 shifts, with few breaks."

Pryor's team is called thermos, the name of a Cal Poly fire crew leader who is an expert in controlled burns. Pryor's electronic pager combined with Cal Poly. They get paid overtime. Even eight years of fire fighting, the firefighters have had no serious injuries. "I've had my share of burns and beard, but we're the fire fighters, and we're a few close calls. We don't send the crew in an unsafe situation," Pryor leader said.

During the 1979 season, the Cal Poly firefighters were called to fight 11 blazes, more than the previous seven years combined. A wet spring that produced vigorous growth, which provided a rich fire food. See Fire, page 1.
vehicles destroy dunes

BY JIM MAYER

Dune buggies and other off-road vehicles traveled the dunes without a thought of the harm they were doing.

By now you have probably read the article written by Poly geology professor David Chipping last year. The article has been a study of the dunes, the flora and fauna that inhabit them.

Chipping's study revealed that the dunes experienced significant damage during the early 60s. Damage that has progressed exponentially to the present.

Chipping's comparison revealed that new trails are blurred after vehicles fail to get sufficient traction on the existing track. The new trails remove any protective carpet lag that develops, stimulating wind erosion.

Chipping became aware of the erosion caused by off-road vehicles while doing a study on the aerodynamics of dune movement.

After comparing photographs taken over a period of time, Chipping said the effects were obvious.

Chipping began additional research and found a student, Randy McCoy, was also doing research.

McCoy became involved with the effects of off-road use after studying the native vegetation of the dunes for a senior project. Since then, McCoy has become involved in efforts to limit or ban off-road use.

Actually, there wasn't actually a report, but there was a study by a Poly geology student, Randy McCoy, on the effects of off-road use on the dunes.

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PAGE 6

One Good Pizza

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Poly Royal board

The Poly Royal Executive Board will hear all appeals by clubs who were received fines for the 1980 Poly Royal in Room 286 of Fischer Science Hall today at 11 a.m.

Cattle judging

This year's annual dairy cattle judging contest, open to all students at Cal Poly, will start at 3 p.m. today at the Dairy Pavilion. Contestants will place six classes of dairy cattle and compete for prizes in three divisions: novice, intermediate and advanced. No experience is necessary to enter.

White water

ASI Outing will have a white water rafting tour from June 15 through 22. Sign-ups will be taken starting today at 9 a.m. in the Escape Route. Price, which includes food, gas and rental, is $105.

Polypeanm

There will be a general meeting of the Cal Poly Wheelmen today at 11 a.m. in the Math and Home Economics Building, Room 225. Officers will be elected and fall and summer activities will be discussed. All are encouraged to attend.

1980 class tree

The graduating class of 1980 will hold the annual tree-planting ceremony at the west end of the new faculty office building. This will be the 74th year that seniors have planted a tree as a gift to Cal Poly. There is no charge—please come and participate.

Couple

From page 1

The Stottlemires met through Georgene's mother, who worked with David in the Forest Service. Later Georgene and David moved to San Luis Obispo.

They attended Cuesta College with the intention of transferring to Cal Poly. Being in many of the same clubs and organizations together, they shared the same friends from the time they moved here.

In June last year they were married and rented an entire campground where they held their wedding ceremony and spent their honeymoon.

"Right after we got married our jobs kept us apart. We only got to see each other on weekends," said David.

Now the Stottlemires reside in a trailer park on Figueroa Street in San Luis Obispo. They said being married had little effect on their lives.

Discount Sale

June 9 thru June 14th

El Corral Bookstore will deduct 20% from the marked price of merchandise in stock during the sale. Paperbacks, Trade Books, Gift items, Clothing, Art & Technical supplies and More. Not included in the sale are: textbooks, tobacco, typewriters, food items, photo processing, calculators and calculator accessories, catalogs, class schedules, class rings, special orders and discount coupons. Free gift wrapping is available.
POLY SPORTS FANS WILL SIT OUT DIVISION I FINALS

BY GUILLERMO BROCK

When the Cal Poly track team won the NCAA Division II National Track and Field Championships May 31, one of the keys to the Mustangs victory was the performance of shot-putter Brian Faul.

The 20-year-old sophomore from West Covina threw the 16-pound shot 65' 11 3/4" to win the national championship in that event.

Faul’s dedication to the sport is cited by coach Steve Miller as perhaps his greatest asset. “He is very willing to train,” Miller said, “and he spent last summer working out with great dedication.”

Last year Faul stood 6'4" and weighed 195 pounds. Even at that relatively light weight he had enough muscle to set a new school record while still a freshman. This year he has increased his weight to 235 and has entered the national arena with success.

Miller noted that Faul is very inquisitive about the finer points of shot-putting. “He goes to the library to get a hold of all the shot-putting information he can find,” Faul’s deep fascination for the event began in high school and he climaxd his senior year by placing third in the state championships.

Since then Faul has added a more important feather to his cap in the recent national championship victory. Miller praised Faul’s shot put technique, saying, “He is very quick and has tremendous arm speed. His arm is almost a blur when he throws.”

Faul himself feels technique is the most important element to the sport. “Just before the Nationals, I slacked off on the weight training and concentrated on technique.”

Judging by his subsequent success, the decision to concentrate on technique was a wise one.

Cutathon will raise money

A hair-styling salon will be having a “cutathon” to help raise money for a children’s research hospital.

Shear Design, in Spyglass Village in Shell Beach, will have the hair-cutting marathon on June 17 and 21.

All proceeds from the event will go to St. Jude’s Research Hospital in Los Angeles, where children with cancer are treated free of charge.

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Mustang Daily Thursday, June 5, 1980
Poly runners battle shin splints

BY MARY KIRWAN
Daily Staff Writer

Cal Poly student Laura McCarthy, who has been running for eight years, was ranked the number one in California’s women’s junior college track in 1976. But in 1980 while McCarthy’s fellow Cal Poly teammates turned in the best performance in Cal Poly history, she was sitting on sidelines, out of commission due to a shin sprain. McCarthy has one of the most common and most severe problems among runners—stress fractures, one of the many injuries commonly referred to as shin splints.

Shin splints is a general term for problems in the shin bone and related muscle attachments in the front part of the lower leg. Almost all runners have experienced some degree of shin splints. Shin splints can be in the form of a muscle spasm in the lower leg, an injury where muscle and bone attach, or small fractures across the bone (stress fractures), according to Dr. Zarek, Cal Poly’s orthopedic and athletic doctor.

Shin splints can be caused by many things—climate, running on hard or uneven surfaces, conditioning procedures, poor footwear, poor biomechanics of running— but the most common causes are pre-existing feet problems and over exertion without proper condition.

Running in itself does not create injuries, but if a person has a pre-existing problem, especially in the lower extremities, running can compound the problem, according to athletic trainer Steve Yoneda said.

The trainer said the majority of shin, knee, hip and back disorders occur among long distance runners. “We always start at the foot to see if there is a solid foundation and then work our way up,” Yoneda said, which has four times as many bones as ligaments, can handle almost any amount of work if normally structured. But, with the foot struck on the ground the about 1000 times per mile and bearing from two to five times the body weight, even a slight impairment will throw the body out of alignment. This will result in either foot problems or problems with its supporting muscles and tendons or the bones and joints above it.

Yoneda said foot problems begin over time. Over half of Cal Poly’s track team must wear corrective devices called “orthotics.”

The most serious potential foot problem in runners is “stress fracture,” the fact that the bone is not structured parallel to the ground so that some parts are overloaded and others have to compensate for that. Forefoot varus causes stress fractures, knee pain, and numerous foot ailments.

Yoneda said poor footwear can contribute to injuries.

“Running shoes are made for a straight motion—forward and backward—but mainly forward. You land on the heel and go forward on the toes. Running shoes are made for side-to-side motion and they are flatter where the running shoe has a high heel.”

“The Complete Runner” by the editors of Runners World magazine says most running shoes, on the market are too narrow and low. They define a good running shoe as one with an elevated heel to absorb shock (most of the body weight lands on the heel), a firm, padded, shock absorbing, a wide toe area to allow the toes full flex, and tight fitting upper for ligament support. The need for arch support depends on the individual’s foot.

Yoneda said runners must strengthen weak muscles and stretch strong muscles to avoid injuries.

“Mules function as movers and shock absorbers primarily. The muscles have to be strong to absorb the shock. If they are weak and can’t absorb the shock they will get sore. If you continue to run, something else will have to absorb the shock and it’s usually a shin bone,” said Yoneda, adding this is the main cause of stress fractures.

A stress fracture can immobilize a runner for four to six weeks depending on which bone.

If you “get a stress fracture and you continue to run, eventually it’s going to get so painful you won’t be able to walk without pain. You can’t run if you wanted to,” Zarek said.

A runner should stop running “when the pain is intolerable or persistent or cut down the mileage or use soft surfaces,” he added.


Blue kick off baseball year

The San Luis Obispo Blues amateur baseball team, which sports four Cal Poly players, will kick off its season Friday at 6 p.m. at SLO Stadium.

When the Blues jog out on the field, up to 2,000 those players may be Mustangs (Carney King, Ohrenschein, and Earl Wilder, outfielder Byron Darling and pitcher Scott Steele) plan to play for the Blues team this year.

To celebrate the season opener, both Friday and Saturday have been christened as Beer Night. All beer will be sold to all legal customers for 25 cents a pilsner, the Blues will be playing the Bakersfield Brewers.

Ratliff

From page 9

Said Ratliff, “I’ve been very fortunate in investments I’ve made.”

Ratliff said he plans to combine work with play during his retirement. He wants to manage his properties and also travel, including making a long-awaited return trip to Europe.

After receiving his bachelor of journalism from the University of Missouri, Ratliff managed a CBS radio station in St. Louis. He has also managed a television station at the University of Missouri, worked for a newspaper representative firm, and was part owner and business manager of a weekly newspaper in Fairbanks.

Ratliff served for 15 years as western advertising manager for the New York Times. For the past five years Ratliff has been at Cal Poly.

“Moving out of the commercial world into the academic was a little frightening,” said Ratliff.

Booster's near budget goal

At the end of the first month of the Mustangs’ booster campaign, raising the drive to build the Booster’s budget have raised $78,600, which is the 67 percent of its goal.

Weekly awards are given to long time member Charlie Ramm, in amount of $1,000, and to rookie Lee Ramsey who raised $1,311.

The final money turn in date will be a “baserun” barbecue June 4 at 5:30 p.m., scheduled at the home of Dick Heston.
Shin splints

From page 10

Ice pack or ice massage to the shin area before running has been known to relieve shin pain (unless it is a stress fracture) for 10 to 14 days.

This treatment relieves pain "thus the athlete can still participate and heal their muscles," Yoneda said.

Icing the lower leg ten minutes before and after workouts provides an indirect effect, decreases muscle tissue spasms and increases blood flow.

With any type or therapy you are trying to induce is the right temperature change because that's what makes it heal faster. Cold from the

ice penetrates two inches into the muscle. Your body's natural reaction is this is to try to warm it up. So it increases the circulation after you remove the ice and that's why it hurts," Yoneda said.

Zarak said explanation is another factor adding to shin pain.

"If a person has a mild shin problem, aspirin before and after running can reduce the inflammation that's causing the pain," the

Lauren McCarthy had three stress fractures in the past two years. "We go away when they run but after a month of training they return," the 29-year-old

McCarthy visits a

Pass catcher pushes trade

OAKLAND (AP) - Dave Casper, the Oakland Raiders star tight end, thinks it would make good sense for the National Football League team to trade him.

"Trading me at this stage in my career, it doesn't make sense," he said Thursday at the start of a three-day training camp.

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