On the cover

Agricultural management major Bob Kaseman takes a break while looking out over the western part of the Cal Poly campus, including the Graphic Communications Building, left, and the Mechanical Engineering Building. Summer Mustang photographer Andy Emmons snapped this picture in August, just as the lazy days of summer were beginning to give way to the concerns of September and the start of the new school year.
Students applying to Cal Poly for fall quarter differ significantly from their predecessors in the areas of test scores, sex and number, said Cal Poly Admissions Officer Dave Snyder.

Snyder said that this year's group of applications is larger than last year's, and that there are fewer spaces available to them. Because of the problem last fall with overcrowding when more continuing students showed up than were anticipated, the number of spaces available was dropped from 5,949 in 1979 to 7,794 for fall 1980.

The admissions office has received over 31,000 applications for this fall.

Snyder pointed out that the Cal Poly campus is filled by the end of the November filing period, but that the admissions office is still receiving applications. "There is just no way we can accommodate the students still applying," said Snyder.

When asked why Cal Poly was so popular, Snyder mentioned Cal Poly's geographic location, the "hands on" education policy, the school's outstanding placement record and the conservative administration.

Parents like Cal Poly, Snyder added, and they have some influence over where their children go to school.

Besides straight numbers, this year's group of students varies from earlier applicants in other ways. Female student enrollment is up from 28 percent to 40 percent in the last decade, said Snyder.

Although there are high numbers of women in the traditional areas of home economics and education, there are also more women in the less traditional disciplines.

In comparing the new group of students to new students all over the country, Snyder said although national averages are down on the S.A.T. and the A.C.T., the test scores of the students coming to Cal Poly are going up, and are higher than the national average.

Snyder pointed out that the difference could be attributed to the fact that Cal Poly is in a position to skim the cream off the top of the students applying. Snyder also said Cal Poly students placed higher on the English placement test last fall than the national averages. Again, Snyder attributed this to Cal Poly students aware of the university as a whole as early as possible.

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BY ROSEANN WENTZ
Special to the Daily

Glenn Lambert is not sure that would students looking for housing in San Luis Obispo need an authority in the Housing Office.

One of the keys to finding housing is persistence, said Walt Lambert, Cal Poly's off-campus housing coordinator. "I would like to think that they have to make looking a twenty-four-hour-a-day job. Spend every spare moment looking."

If you find a house that is exactly as per the students, Lambert said. Students have no legal way to curtail this discrimination.

Many attempts have been made to add a provision to the Rumford Fair Housing Law that would not discriminate on the basis of student status, he added. The Rumford Law prevents discrimination on the basis of color, creed, national origin, sex, or marital status. All attempts to add a section concerning students has failed.

"I was in support of the provision," said Lambert. "But loopholes. Landlords are not required to state their reasons for not renting to someone. They could merely say they wanted someone 30 or older, and that would eliminate the majority of students.

Despite the shortages and discrimination, housing does exist, and help is available on campus for students. The Housing Office, located on the street from Whitney Hall dormitories, offers a wide variety of information and services available in San Luis Obispo, as well as the north and south county areas. Pamphlets on house hunting are available free of charge, and advice can be sought from the counselors.

Newspapers are the next best source for students. Listings have a tendency to go unfilled in the Housing Office.

The alley could be so filthy that you cannot stand the look of it in his tour. "It was like a bar on the city. These are not people who want to downplay," he said.

May's tour was featured on the television show "Real People." The alley has also, been featured in Westways magazine and in the Los Angeles Times.

May's opinion of Bubble Gum Alley reflects in the inclusion of it in his tour. "It's vulgar and tacky," lamented town historian Louisiana Clayton-Dart.

There appears to be no category of Bubble Gum Alley. There appears to be no specific age, said May. "It's a place for anyone and any other group that lays enough foundation for the definition as an alley."

Whatever the reason, May said, people often comment to him or ask to be on the tour. "The gum might not be the most effective medium to get through to students," said Lambert.

Word of mouth is probably the most effective medium to get through to students, said Lambert. Thousands of vacancies are never advertised, he said. Students talk with their friends, and classmates that they know will be moving. This is also a good way to get recommendations.

With the help of Lambert and many students, the Housing Office is looking for suggestions for student housing.

"Before you start looking, sit down and think about what you want — whether you want a single, a double, or a triple. Do you want your own room, how many roommates do you think you could get along with. How much money you can afford to pay, and so on. Again, being flexible on these items will make finding a place easier and less complicated.

Next, talk about your likes, dislikes, and habits with your prospective roommates. Do you tend to stay up late? Do you go to parties? What about windows open? Questions like these may seem insignificant at first, but they may be something students want to be addressed before they move in.

-By Becky Marr Daily Staff Writer

Patience is a virtue in house-hunting

Waiting to move in.

BY BECKY MARR

For ten years now, people have frequented a peculiar property in San Luis Obispo and getting away with it.

Located between Lovers Point and Glamorous San Luis Obispo, Bubble Gum Alley has become famous, crowded, and busy.

The tour consists of two hours of speech-making and dancing parades with the spray painting often done on big rocks in the mountains of Los Angeles. People see one of those rocks with a name painted on it and respond that it is a method of reaching outside the barrio to tell the world they exist.

Pampered asked their opinion of the reason people stick gum on an otherwise ordinary wall respond most often by drawing parallels with the spray painting often done on big rocks in the mountains of Los Angeles. "People see one of those rocks with a name painted on it and they figure they want to downplay," said Pam Jenson. "It's really hard to explain why a person does something like this.

Whatever the reason, Bubble Gum Alley seems irreversible. About five years ago the city sanitation crew cramed away the gum. Within a very short time, gum found its way back to the alley.

City stuck/blessed with alley

An unidentified San Luis Obispo man takes a little bit of a San Luis landmark home with him—gum courtesy of the lovedfoolish Bubble Gum Alley.

Reality and real estate classes offered for fall

By Becky Marr Daily Staff Writer

Cal Poly Extension is off and running again this fall offering a variety of courses to help people in everyday life.

"Reality Therapy," a course which will explore applications of this method to alcohol and drug abuse well as marriage and family, will begin Sept. 23 in Room 301 of the Eckart Agriculture Building.

The course will be taught by Willis Black, a therapist certified by the Institute of Reality Therapy in Sacramento, and is approved by the California State Board on Nursing for 20 hours of continuing education credit for nurses, and by the California Psychological Association for 20 hours of continuing education for psychologists.

For the two-unit, course is $58, and preregistration is recommended.

Also scheduled is "Basic Principles of Real Estate," for Sept. 23 through Dec. 2, in Room 24 of Atascadero High School. The course will cover the laws of real estate in California.

The class will be taught by Dawn Hawkins, a Pest Control and pest sales associate. Cost for the one-unit, professional credit course is $58, and preregistration is recommended.

For information about these and other Extension courses, call 546-2053, or write to Extension, Cal Poly San Luis Obispo, CA 93407.

Room and Board 101: Housing Prospecting for Students

Make a list of household items that you already have, and one of the things you need to move in. Compare it with those of your roommates.

Decide what needs to be purchased before you move in.

"It's amazing how many people move in with no toilet paper, or start to cook hamburgers and discover they have no things, ASK. You will not appear foolish if you ask how much the deposit is, what it covers and that the conditions are for guests, parties, music, and other issues."

"Keep a copy of it for you and your landlord. The housing office is open 7:30 a.m. to 5 p.m. Monday through Friday. The phone number is 546-1225."
Poly grad's health spa keeps San Luis slender

BY MIGUEL ORTIZ
Daily Staff Writer

Owning a business at the age of 22 is an exhilarating experience, but having that business be successful and having it be the only one of its kind here in San Luis Obispo is "FANTASTIC!" said Ann Deviney, owner of Calendar Girl health spa for women.

Deviney, a 1980 Cal Poly English major, found what she wanted to do with her life after graduation.

"Going to college is a good thing to support yourself while you decide what to do," said Deviney. And she did.

With the help of her mother, owner of a Venus de Milo health spa in San Diego, Deviney's brother and "a friend with money to invest," Deviney opened Calendar Girl in April.

Deviney worked as a franchise assistant to a representative of Venus de Milo health spas for five years. They both traveled around California selling Venus de Milo franchises. Here is where Deviney got her initial training, and found out about the business end, the operations, the handling and owning of a health spa, said Deviney.

Deviney was offered the opportunity to own a Venus de Milo health spa, but she said, "San Luis didn't have anything like it, why buy a franchise?"

So Deviney decided to open her own health spa in San Luis Obispo. But she didn't have any idea what she was getting into.

"Opening a new business in San Luis is the hardest thing. What with permits for the outdoor sign and everything else, it is just as hard," said Deviney.

A few weeks before Calendar Girl was to have its grand opening, Deviney found herself with "no carpet for the spa, no equipment and no money. I was bankrupt at 20," said Deviney.

Deviney needed money desperately, so she began to sell memberships to a spa that wasn't even completed.

The next day, with the help of a friend, Deviney passed out 2,500 flyers advertising her spa and selling memberships.

Deviney sat at a small desk the first day in front of her empty spa selling memberships. No one showed up. But the second day, 20 people lined up by her desk, and said they were bigger and bigger. Deviney got the money she needed to open Calendar Girl a few weeks later.

"It got pretty cold and lonely that first day I was sitting all alone in the William's Brothers parking lot, but we came through with everything we promised. I'm really grateful to a lot of people. They were so friendly and trusting. I mean, here I was selling memberships to a spa that wasn't even completed. It was just one big empty building," said Deviney.

But not anymore. The spa now houses various weight reducing machines, a sauna and Danceclass exercises every hour. Everything to encourage women to lose weight, said Deviney.

"With the proper use of this light equipment used at a slow pace with a diet, anyone can lose weight," said Deviney.

The spa now houses over 22,000 bulbs which are being sold daily for six weeks.

"I wanted to expand to Bakerfield, but the deal fell through. Now I'm thinking of opening up a Calendar Girl in Goleta," said Ann Deviney, businesswoman.

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info director takes position at SLO paper

Cal Poly Sports Information Director Eric Burdick is the new sports editor of The Tribune.

Burdick was sports editor for the Times-Press Recorder for two years prior to becoming Sports Information Director. He served as SID for most of the university for just over 11 months.

Burdick begins his duties at the Telegram-Tribune immediately, and will leave his post at Cal Poly on August 15.

Go For The Quality at Tortilla Flats

Outside Patio Bar open daily 4 pm to dusk through September with live entertainment

In The Creamery San Luis Obispo
BY DIANA BURNELL

"Where do I go for something to do in San Luis Obispo at night?" is a common question at Cal Poly every fall, so don't feel alone if you're asking it.

Welcome to Cal Poly, all you new students. Here's a quick synopsis of nightlife here in SLO Town, so you won't feel alone if you're asking.
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Cheese- making hobby transformed into business

By GIN CHILTON

Senior dairy science major Sadie Kendall plans a summer turning her six-year-old cheese making hobby into a profitable business with the opening of the Central Coast's only goat cheese dairy this fall.

Cheese making started out as a hobby for Kendall six years ago. She said it led to the production of her first two goats in the fall of 2010.

Among those impressed and inspired by the French goat cheeses that would be found at Poly would be the result of a special project.

Kendall said Kendall said that she chose goats over cows because their milk has a higher cream content, which makes it better for producing cheese.

Exposed to numerous exotic cheeses while traveling in Europe, Kendall said she was particularly impressed and inspired by the French goat cheeses. The French have more goats with more cheese than with cheese more than with cheese than in the United States, Kendall said.

Because a good deal of the information about goat cheese from France is in French, Kendall said she is studying the language at Poly in hopes of gaining a better understanding of the language.

Although Kendall, her husband and the goats all live in Atascadero now, they plan to move to Los Osos to open the dairy, she said.

"There are simply more places to lease in Los Osos that are suitable for a dairy," Kendall said.

Plans for the future include renovating an old dairy to include facilities from a friend who raises them to sell.

Kendall said she eventually plans to produce 100 pounds a week of goat cheese. She added that a friend will be producing about 100 pounds a day of cow’s milk cheese from the same facility.

Kendall and her husband, a professor of philosophy at Cal State Northridge, considered opening a dairy in Europe because the government standards are much easier to meet than in this country.

Kendall said the cost of moving and building up a new herd would be prohibitive. She added that the French and English governments encourage cottage industries, unlike the American government.

When asked about a market for her cheese, Kendall said she plans to sell both in Los Angeles and in San Francisco through distributors, and that a local San Luis shop was also interested. Kendall said that she still has the details of labeling and packaging to work out.

In the interest of keeping self-sufficient, Kendall is experimenting with producing her own source of rennet. Rennet is a natural enzyme taken from a calf’s stomach and used to make milk curdle in the cheese making process. Kendall said that we are trying to get rennet from baby goats right now. Kendall added.

Kendall said that October is the target date for the opening of the dairy.

Growth program to be formed

By HAROLD ATCHISON

A package program of services aimed at aiding student emotional growth in being sought for fall quarter.

A Cal Poly task force has drafted a proposal for a program that would begin next fall which would bring together counseling center services and focus them toward developing the student as a "total person."

Budd Babb, task force chairman, defined a total person as someone who among other things has developed a coherent value system, relates well to both sexes and becomes aware of and independence with his fellow man.

The task force was formed in response to a presentation at Cal Poly in early April by counsellors from Slippery Rock Penn. State College. Their program and a similar program at the University of South Carolina, impressed the Cal Poly Cal Poly task force was created a week later.

Babb traced a student’s involvement in the process.

Students who want the help can apply for the program in the summer before their freshman year. There will be 200 students admitted in the program’s pilot year.

If accepted, students will be given self-assessment tests and a support group (10 people with a faculty group leader to participate in.

There are four phases to the program, each corresponding to a school year: the freshman year emphasizes coping skills; the sophomore year emphasizes decision-making; the junior year emphasizes leadership; and the senior phase emphasizes job-getting skills.

Students, though, can drop out or join in any phase of the program, Babb said.

One of the goals of the program is stress reduction. Cal Poly is unique, Babb said, because of its emphasis on technical development and specialization. At a multicultural community of competition- academic and social—"that’s a little dehumanizing. "Students come in and say they feel like non-people," Babb said.

Alienation is another problem, Babb said. He would like to see better relations between students and the city.

"This is not an easy community for strangers to be comfortable in," he said.

And there could be much better interaction between teachers and students than there is now, Babb said.

Another program goal centers around minority students. "Minority ethnic groups," the proposal states, "are expected to become majority ethnic groups. " Students, the proposal suggests, should appreciate the different cultural backgrounds students bring to campus.

Drop-outs are another concern; 26 percent of the Cal Poly freshmen class drop out each year.

"It’s very seldom that the academic problems of students who flunk out aren’t tied to interpersonal problems," Babb said.

"It means that in any students-freshmen especially—don’t have the proper tools they need. "There are a lot of lonely people on this campus," he said.

Most of the services in the proposed program are already in existence and thereby paid for. Some parts call for outside financing—probably from private foundations, Babb said.

Faculty need to be paid, Babb said, to release them from their duties in order to advise the support groups. Test materials must be procured. And a full-time academic advising coordinator will be created.

The proposal has to pass the dean of students; the student affairs division, the student and academic senate; Hazel Jones the vice president for academic affairs and President Warren Baker.

Babb said the proposal will be amended along the way, but that it can probably start this September.
Illegal possession of alcohol common, says chief

BY DEBORAH TUCKER
Daily Staff Writer

As the young man approached the bench, the judge asked for his plea on being a minor in possession of alcohol. The man pleaded innocent. When the judge asked how he could plead innocent when caught with the alcohol in his possession, the young man replied, "But it was only beer."

Minors in possession of alcohol come before municipal court judges in San Luis Obispo almost daily.

A minor in possession of alcohol on Cal Poly’s campus has been found to have alcohol on campus and is given a "long form" given the name because it is an 8 by 11 inch sheet which details the offense, and tells the student when to appear before Ciano.

According to Ciano, most of the offenses that he deals with are students who live in the residence halls. Generally the person has been found to have alcohol on campus and is given a "long form" given the name because it is an 8 by 11 inch sheet which details the offense, and tells the student when to appear before Ciano.

Ciano then reviews the information on the long form and asks the student to explain just exactly what happened. "When the person does arrive, I ask if they did this (the offense) and I explain the rules on alcohol on campus," Ciano said.

Assuming that the student admits to possession of alcohol on campus, the definition of an intoxicated person, according to Brug, is a person and "can’t take care of themselves."

The intoxicated person is then taken to county jail to sober up for approximately four hours, and then bail and a sentencing time is set.

By KATHY BLACK
Daily Staff Writer

Whether it is due to the variety of experience, or the unlimited opportunities offered by education, students at Cal Poly seem to have a hard time settling on their majors.

Although 50 percent of students change their majors at least once during their careers at Poly, according to Cindy Bennett-Thomas of the Relations With Schools Office, changing majors is not an easy task.

There are many reasons why students change majors. Some students who change majors have not found the right fit for them in their current major.

"It doesn't bomb your experience," Ciano said. "But if you did this (the offense) and I explain the rules on alcohol on campus," Ciano said.

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Opening of Robert E. Kennedy Library postponed

By BECKY MARR
Dally Staff Writer

The opening of the Robert E. Kennedy Library has been postponed indefinitely, and it is not known when moving from the present library will begin, said a library official.

"I'm skeptical about any date in the near future. I don't know when the library will be complete," said Paul Adalain, director of the library moving committee.

"Nothing will be moved until everything is complete," he added.

The reason for the delay involves a need for special braces that will bear the stress of holding long, heavy shelves in the walls. This need was not foreseen, so an order for the braces had to be placed with Westak, Inc., the company supplying the shelves in the new library.

"I have been in contact with Westak, and they appreciate our time limit," said Douglas Gerard, executive dean of facilities planning for Cal Poly. "The actual building of the library hasn't been delayed. It was finished ahead of July 13, the inspection date," he added.

The cost will be covered by the original 1980-81 budget allotted by the state for the Kennedy Library. However, plans for the braces have to be first approved by the State Procurement Agency. They were submitted June 1, 1980, and the agency is still reviewing them.

According to the agency's Director of Specification, Wayne Fenton, review is underway. "I expect a decision near the end of the year. That is the amount of time allotted to this agency in reviewing these plans," Fenton said.

There is no truth to the rumor that the new library is too small for all the books it must house, Gerard emphasized.

The new library is three times the size as the present library," said Gerard. "Even now there is only one room devoted to dead storage in the library we are using."

By MIGUEL ORTIZ
Dally Staff Writer

Cal Poly students will soon be able to study in a different atmosphere.

Gone will be the dark encroaching book stacks and the lack of sitting space that characterized the Dexter Library annex.

The Robert E. Kennedy Library is Poly's newest and largest library. Its five stories stand like a cement gargoyle that can be seen from Highway 101.

The new library has come a long way from its predecessors.

In 1903, when Cal Poly opened its doors, there were only two buildings, the dormitory and the Recitation and Administration Building.

In 1916, the Administration Building was constructed, which is the center of campus from 1937 to 1945.

In 1947, plans were made to construct a library which would meet the demands of Poly's increasing enrollments. But until this new facility was completed, the library was housed in the upper floor of what is now the Administration Building.

On Friday, Oct. 15, 1948, at 2:15 p.m., with the Cal Poly Collegiate Quartet singing Arcadelt's "Ave Maria" and Palestrina's "Gloria Patri" the laying of the new Walter F. Dexter Library corner stone was completed.

Dexter was the state superintendent of public instruction from 1937 to 1945.

The Dexter Library, completed in 1949, was Poly's first library with its own building. This photo was taken shortly after its opening.

The still unopened Robert E. Kennedy Library needs bookshelf braces before it can receive the books from the Dexter Library Annex. The library was scheduled to open in August.

The Dexter Library, completed in 1949, was Poly's first library with its own building. This photo was taken shortly after its opening.

Library has come a long way from '03

By MIGUEL ORTIZ
Dally Staff Writer

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The new library has come a long way from its predecessors.

In 1903, when Cal Poly opened its doors, there were only two buildings, the dormitory and the Recitation and Administration Building. The Administration Building housed the library on its first floor.

From 1946 to 1933, Cal Poly grew tremendously and so did the demand for more books and a better studying facility, so the library moved to the second floor of the Science Building.

Between 1933 and 1935 there is no mention of any library in the vast records of Cal Poly history in the library archives. During that time, because of low enrollment and continual pressure from legislature, Cal Poly opened its doors to any boy over 14 years of age. Parents with unenrollable sons, juvenile courts and charity organizations seized this opportunity to place the boys at Poly. So it seems that the library would be the least likely concern, said Detty Steinman of the Cal Poly Library archives.

But from 1936 to 1939 the library and Cal Poly remained as an institution of higher education. The library was in Anderson Hall at this time.

The Poly library was located in new one-story classroom units in the engineering campus from 1939 to 1946.

In 1947, plans were already in progress to construct a library which would meet the demands of Poly's increasing enrollments. But until this new facility was completed, the library was housed in the upper floor of what is now the Business and Administration Building.

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Dexter was the state superintendent of public instruction from 1937 to 1945.

The Dexter Library, completed in 1949, offered 88,802 square feet of floor space, as well as seminar rooms, darkrooms, offices, sixty study carrels, two large reading rooms and three classrooms.

The sealing capacity was 574.

The Dexter Library is now the ROTC and Language Department building.

In 1962, the Dexter Library annex was constructed, which is the library most of today's Cal Poly students are familiar with.

Now, Cal Poly students have a new $11,540,000 library with a seating capacity of 2,500. The library will have a grand stairway serving all five levels, and also has two passenger elevators and one freight elevator.

The Robert E. Kennedy Library has come a long way from '03.

Cal Poly students will soon be able to study in a different atmosphere.

Gone will be the dark encroaching book stacks and the lack of sitting space that characterized the Dexter Library annex.

The Robert E. Kennedy Library is Poly's newest and largest library. Its five stories stand like a cement gargoyle that can be seen from Highway 101.

The new library has come a long way from its predecessors.

In 1903, when Cal Poly opened its doors, there were only two buildings, the dormitory and the Recitation and Administration Building. The Administration Building housed the library on its first floor.

From 1946 to 1933, Cal Poly grew tremendously and so did the demand for more books and a better studying facility, so the library moved to the second floor of the Science Building.

Between 1933 and 1935 there is no mention of any library in the vast records of Cal Poly history in the library archives. During that time, because of low enrollment and continual pressure from legislature, Cal Poly opened its doors to any boy over 14 years of age. Parents with unenrollable sons, juvenile courts and charity organizations seized this opportunity to place the boys at Poly. So it seems that the library would be the least likely concern, said Detty Steinman of the Cal Poly Library archives.

But from 1936 to 1939 the library and Cal Poly remained as an institution of higher education. The library was in Anderson Hall at this time.

The Poly library was located in new one-story classroom units in the engineering campus from 1939 to 1946.

In 1947, plans were already in progress to construct a library which would meet the demands of Poly's increasing enrollments. But until this new facility was completed, the library was housed in the upper floor of what is now the Business and Administration Building.

On Friday, Oct. 15, 1948, at 2:15 p.m., with the Cal Poly Collegiate Quartet singing Arcadelt's "Ave Maria" and Palestrina's "Gloria Patri" the laying of the new Walter F. Dexter Library corner stone was completed.

Dexter was the state superintendent of public instruction from 1937 to 1945.

The Dexter Library, completed in 1949, offered 88,802 square feet of floor space, as well as seminar rooms, darkrooms, offices, sixty study carrels, two large reading rooms and three classrooms.

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WOW Board rolls out red carpet for new students

By ELISA WILLIAMS
Daily Staff Writer

Preparation for this year’s Week of Welcome began last October—at least for the seven-member WOW Board.

The veteran counselors were elected by last year’s WOW Board. The new counselors were elected by last year’s Week of Welcome Board.

Treasurer Paul Jones was elected to be a student representative on the national orientation board. “I have enjoyed working with the other program coordinators,” Jones said. “It has taught me how unique Cal Poly’s program really is.

This year’s board consists of Kruse, Barb Thien, first vice chair; Marc Mance, vice chair; Bill Vogel, secretary; Lynelle Dahlgren, publicity; Paul Jones, treasurer; Henry Titzler, secretary; and Bob Walters, advisor.

All Week of Welcome counselors attended Tuesday meeting in Chumash Auditorium during spring quarter. There, students
gathered to learn about the program and services provided. Counselors were encouraged to share their experiences and ideas for this year’s program.

“I can think of some things we’ve done in the past,” Jones said. “I think it’s a great opportunity to bring back ideas for this year’s program.”

The veteran counselors attend Tuesday meetings during spring quarter to discuss the program and plan events. “The counseling, the planning, all of that work now, but it’s worth it for a few years I decided it was worth it,” Jones said.

“This is the first year’s Week of Welcome activities will be planned,” Jones said. “The counselors have a lot of fun playing the games and making sure the activities go as planned. Although we spend a lot of time planning the events, the work continues during the week,” Chair Christy Kruse said.

One of two lifeguards working this summer, Peterseim said, “Yes, Peterseim has gone through a lot of training to be a lifeguard at the Cal Poly pool, and takes his job seriously.

“Our goal is to make the pool open longer, but the lack of funds will not let people use the pool parties where people can sneak in at night,” he said.

According to Peterseim, “Be a lifeguard at Cal Poly isn’t exactly like that will probably be, but it’s a lot of fun. It’s like being a counselor, but instead of helping students, Peterseim helps people.”

He mentioned the possibility of nighttime hours, but it’s too expensive to live downtown merchant and shopping areas! Free Parking!

The health card also pays for emergency health care on campus, provides free mental health services, health education services, and specialty clinics such as orthopedics and gynecology.

The Health Center is free to all students. A card is required to access the facilities.

The card also pays for emergency health care at the Cal Poly pool, and takes his job seriously.

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New Health Center program helps students cope

BY KAREN GRAVES
Daily Staff Writer

Stress education helps students realize that stress can be dealt with.

The purpose of the stress education program at the Cal Poly Health Center is to make students aware that there are ways to combat stress, said Health Educator Jeanette Reese.

Most of the problems students have in college have to do with personal development, said Reese. The educational tasks are important at this time in a student’s life, said Reese.

Students are in the midst of developing interpersonal relationships and becoming independent. Students are looking for a purpose in life, which often ties in with academic work, said Reese.

The stress education program can help a student deal with these problems, said Reese. Students can make an appointment with a stress educator from 2 p.m. to 5 p.m., Mondays through Fridays. The program will not be available during finals week, said Reese.

Many of the problems students bring to the program have in common the academic pressures of midterms, finals and time management, especially at the time of the quarter, said Lor Regier, the supervising educator. Another common problem is the graduation stress educator. Another student who asks “What do I do now?”

During spring quarter the stress education program counseled an average of seven students per week, said Regier, a junior majoring in social science.

The seven educators in the program are all s all students who completed a training course during winter quarter. Students had to go through a selection process before they entered the program, which began spring quarter, said Reese.

The training program consisted of three hours of class per week. Each of the seven peer educators in the program received one unit of credit for training and will receive another for participating in the program, said Reese.

Regier said it is good to see techniques work for students. She also said the program has received positive feedback from students who have used it.

The initial visit with a stress educator is an hour long. During this, the educator uses a questionnaire to help the student identify and clarify what aspects of stress they may have on them. The educator then tries to help students develop a plan of action to reduce stress, said Regier.

The program tries to make students aware of the physical and psychological effects of stress and to apply this awareness.

Many students are not aware of the physical effects of stress, said Regier. She said students are asked about any physical problems they may have, such as nausea or tension in muscles.

The stress educators are familiar with several techniques that can be used to reduce stress, said Reese. Those used by the stress education counselors include progressive relaxation, desensitization, cognitive restructuring and deep breathing.

Progressive relaxation is one of the most popular methods of stress reduction used by the program. The program uses 30-minute tape recordings which can be checked out by students.

“This makes you aware of what parts of your body are holding tension,” said Regier.

The tapes help a student to “mellow out” and also provide students with something tangible to work with, said Regier.

Stress reduction through desensitization involves training an individual to act in a relaxed way in stressful situations, said Reese.

The method of cognitive restructuring allows individuals to control their responses to stress, said Reese.

The deep breathing techniques used in the program help to reduce stress by teaching a student how to breathe from the lower part of their lungs.

It is hoped these relaxation techniques will help students throughout their lives, said Reese.

When a student returns for a follow-up visit, the educator helps the student evaluate the success of the methods and will help make any changes needed in the stress reduction plans, said Reese. Follow-up visits last anywhere from half hour to an hour.

“If we feel there is a service on campus that can give students more information in the process of helping them, we will refer them there,” said Reese.

Students are referred to the learning assistance center, the counseling center and other members of the Health Center staff.

The Health Center is now offering a new program in stress education to enable students to deal with academic and personal problems, according to educator Jeanette Reese of the Poly Health Center.

The counselors also try to help students remember what they have done in the past to reduce stress. These may include hobbies, walks and talking with friends.

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