Swapping for bargains galore
Men who left their country to set up new lives in foreign lands were granted unconditional pardon to draft evaders. For the thousands of Americans who fled, this pardon meant they could've been sniveling in the dirt at boot camp or sunning in Mexico. Either your brain could've been scrambled across the monsoon rains or ski in Canada. Either you went to war did what they thought was best for them—just as those who have taken too long to admit a mistake and run anymore. They were in a foxhole or next to the one fighting. But if you are the one in the foxhole or next in line, you might be a little impatient, especially if you don't see those ways or means. To them there was only one way out and that way did not force them to compromise their principles.

It took 75 years to break the iron will of that miserable old monarch. It took the solid pressure of women's rights groups on both sides of the Atlantic to change his terms. But finally, to the accompanying sound of Cecil Rhodes rolling over in his grave, the Rhodes scholarships were opened to female applicants. For the first time, American women were chosen for places on that inner track of the old boys' network.

Well, now, what do we get for the pressure of three generations of uppity women? We get a pleasant 19-year-old beneficiary named Laura Grawin of Radcliffe College who doesn't "think of myself as a feminist" and has "never had to come to the point of saying no" because she has not been discriminated against. We get a young physics major who says, "I guess there is a problem in what they thought was best for them—just as those who went to war did what they thought was best for them—just as those who have taken too long to admit a mistake and run anymore. They were in a foxhole or next in line, you might be a little impatient, especially if you don't see those ways or means. To them there was only one way out and that way did not force them to compromise their principles.

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Electrical transformer blows a fuse

by STEVEN CHURM
Daily Staff Writer

One of Cal Poly's two main electrical transformers, which short-circuited early Monday morning causing an extended campus power outage, will be removed and shipped to Los Angeles today for major repairs.

Estimates of the damage to the downed transformer were unavailable. It also was unknown when it will be repaired, returned and reinstalled at the campus power station. Campus officials did say the loss of the transformer's electrical output will double the usage strain on the remaining transformer.

The loss of the transformer prompted campus officials to request Poly people—staff, faculty and students—to conserve electrical usage until the damaged transformer can be reinstalled and normal campus electrical operations can be restored.

In addition to voluntarily cutback many instructors conducted classes in the dark—when able—yesterday, and many students and staff wandered through normally well-lit campus hallways in semi-darkness.

Cal Poly hopes for new faculty offices

by KATIE KEEVIL
Daily Staff Writer

The university hopes for new faculty offices in a new office building.

University Pres. Robert E. Kennedy said if the legislature approves the plan, Poly people—staff, faculty and students—to conserve electrical usage until the damaged transformer's twin went on the blink, creating an extended campus power outage.

The transformer's failure prompted campus officials to request Poly people—staff, faculty and students—to conserve electrical usage until the damaged transformer can be reinstalled and normal campus electrical operations can be restored.

In addition to voluntarily cutback many instructors conducted classes in the dark—when able—yesterday, and many students and staff wandered through normally well-lit campus hallways in semi-darkness.

Look for the Red Star...

at the Burger Bar...

If you find it on your receipt, you get that purchase FREE!
San Luis Obispo's local swap meet may be able to ease some of the problems during the four years the swap meet has been in operation.

"We receive a few complaints occasionally," he remarked. "But we run the swap meet in such a way that it is conducted like a business between buyer and seller. We don't get involved with the transactions."

The Sunset charges buyers 50 cents per car as an entry fee. Sellers pay $2 for a space to park their car and set up their merchandise.

"You could never get rich here, but at least you can make some gas money," she continued. "I haven't come here that often and I don't sell that much. But, I do have a good time, and that's why I come."

The sellers, predominantly middle-aged and older couples, spend the day washing their wares and meeting their neighbors.

Aside from persons selling articles such as jewelry and plants, a clown selling animal shaped balloons, a few people selling fruits and some local merchants selling surplus goods, most of the sellers appeared to be displaying household items and automobile parts.

"I came to get rid of my stuff I buy at other fleas markets," asked a woman from Templeton who identified herself as Nancy. "My roommate bought a milk can a couple of months ago and planned a fire in it," she remarked. "It livens up the apartment and makes a great conversation piece. Where would you find a milk can?"

According to Trevor Scott, an Aeronautical Engineering student, some of the people the swap meet attracts are better than the bargains.

"The people are what make it, some of them are really crazy. It seems like some of them just come out to the meet to kick back and talk to other people," said Scott. "The amazing thing about people is they'll buy us right out of our pockets. They are out to make some money, but all the sellers I talked to were really straightforward.

"Everyone appears to be really relaxed," interjected Sue Morgan, an Engineering Technology major. "We just passed some people who are apparently trying to sell some furniture, and we were sitting in a table with their car radio turned up playing cards."

"I have been coming to the swap meets ever since it started about three years ago. I enjoy meeting the people, perusing the stuff to see as much as I can and enjoy meeting people," said the woman who was standing. "I come here almost every week. When I find a woman from Templeton who identified herself as Nancy."

Mrs Andrea Oxford of Arroyo Grande said her husband comes to the meet every three weeks to sell the clothes she has grown in their home.

"This is my first time here," she said. "I've just been having a good time looking around and seeing the different oddities people are trying to sell."

Mark Gran, manager of the Sunset Drive-In and an Agricultural Business Management student, said the most unusual bargain was a cow that the customers were trying to sell.

"Summer and just before Christmas are the best times for the sellers,"Gran noted. "It can get pretty busy around sometimes. A lot of people are regulars. They come some every week. It is those people who keep the place afloat."

The manager added that the swap meet also attracts quite a few transients who make a living travelling to various meets around the state selling their crafts.

"There is a swap meet every day of the week," he said.

According to Gran, the drive-in has not had any major problems during the four years the swap meet has been in operation.

"We receive a few complaints occasionally," he remarked. "But we run the swap meet in such a way that it is conducted like a business between buyer and seller. We don't get involved with the transactions."

The Sunset charges buyers 50 cents per car as an entry fee.

"The next meet will be held on Feb. 5 and 6," said Gran.

The entry fee for buyers is $25 cents. Sellers pay $7.50 for a space for the weekend and reservations are suggested.

"I come to get rid of my stuff I buy at other fleas markets," asked a woman from Templeton who identified herself as Nancy. "You could never get rich here, but at least you can make some gas money," she continued. "I haven't come here that often and I don't sell that much. But, I do have a good time, and that's why I come."

The sellers, predominantly middle-aged and older couples, spend the day washing their wares and meeting their neighbors.
Students create a "peace place." Johnson said in a recent seminar, when students reduce anxiety during tests they feel better about themselves throughout the test, Johnson explained. This includes preparation for tests as well as actual taking. This exchange teaches the individual how to relax. Once a person is relaxed, the chances of encountering test panic are greatly reduced.

"Students who have gone through the desensitization process," Johnson said, "have eliminated anxiety encountered during tests by as much as 50 percent or more." Studies show that achievement scores increase when anxiety is reduced, she added.

The first step of the desensitization process is to learn deep muscle relaxation. Johnson explained. When relaxed, the student is less likely to experience anxiety. If a person can reach a state of deep relaxation he can be freed from much of the tension that comes with anxiety.

In the first seminar, students learn an exercise to make them aware of muscle relaxation and tension. John explains to the students to look for "trigger points"—areas of the body that are extremely tense. Learning to find and relax trigger points is important in complete relaxation.

To deepen relaxation, Johnson asks the students to create a personal "peace place"—a scene where he feels himself completely relaxed. This place is described in terms of what he sees, tastes, smells, touches and hears. The second step is to create a hierarchy of anxiety-producing situations. Then to relate these to the amount of anxiety they produce.

For example, Johnson assigned values to each of the following states of anxiety in test taking: (1) first announcement of the test, (2) work of the test, (3) studying the night before, (4) morning of the test, (5) waiting for class, (6) distribution for the test, and (7) test on the desk.

Assigning values helps the student visualize their anxiety situations more completely. The mental images evoke feelings of the real situation.

The mind cannot distinguish a real experience from one that is vividly imagined, Johnson explained. For example, if a student suffering from test panic visualizes himself about to take an exam, he will feel the stress and anxiety encountered in the real situation. If he gradually works up to his most threatening situation, by first visualizing less threatening scenes (like the test being announced a week in advance), he will eventually feel less tension as any anxiety level. After visualizing his greatest anxiety level repeatedly, while completely relaxed, the student is likely to be more relaxed when faced with a real test.

The second and third seminars take students through their hierarchies. They begin with their lowest level of anxiety. After relaxing and imagining their place, they are asked to imagine their first anxiety level. When it can be imagined without anxiety, they move to their second level. The students continue this through all the levels of anxiety. If anxiety is felt at any level, then the relaxation process is repeated until there is no anxiety.

"Students eventually learn to substitute a positive response for the more negative anxiety response," Johnson said. Johnson explained that then students will be able to use the relaxation technique to help the individual in face a situation. Progress is also recorded on a graph that is updated at each session.

Excerpts from the evening concert will be presented at a free family and youth program on Jan. 29 at 5 p.m. at the Conejo College auditorium. Student guest conductors will conduct the full orchestra in a special arrangement of a movement of Robert Schumann's "Concerto for Violin and Orchestra." Levine will perform with the orchestra. Explanations of how symphonies are composed and how the different instrumental sections function will be given.

PHOTOGRAPHER: Philip Eaves

For more information, contact the Learning Assistance Center, 785 Higuera St., SLO 543-0652.

Weekend tickets holders will be able to buy tickets for 60 cents at the box office. Tickets are priced at $4 for adults and $3 for students. The box office will open at 7:05 p.m. and will begin at 8:15 p.m. Season ticket holders are still available at the symphony office or at the door.

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"This technique can help persons with short-term problems, according to Johnson. Assistance can be found at the Learning Assistance Center for students with problems related to stress, anxiety, depression, and other issues.

Johnson explained: "It's important to understand that if you're relaxed, you won't become uptight," he said. "Achieving relaxation can enable you to cope with many different types of situations, from dieting to job interviews. It can work for anything that we have been conditioned to worry about."

This technique can help people with short-term phobias, according to Johnson. Assistance can be found at the Learning Assistance Center and students with problems related to stress, anxiety, depression, and other issues.

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982 Monterey St., SLO 543-0652
**Mustangs have a ball; win first two CCAA games**

by SCOTT CRAVEN

Cal Poly put on an awesome display of basketball over the weekend as they bested their opponents by a total of 36 points as they opened up California Collegiate Athletic Association play.

The first victim of the Mustangs' wrath was the Los Angeles State Diablos as they fell 90-78, but the game was not as close as the score indicates.

Poly was in control from the opening tip. With pessimistic offense and smothering defense, the Mustangs held the Diablos scoreless through the first five and a half minutes. Taking advantage of this, Poly put up 10 points on the board and had a cushion they were never to lose.

Gerald Jones hitting on everything he put up, the Mustangs dominated board play as they lead the squad. The Mustangs dominated board play as they hit 89 percent from the field. LA State couldn't do much against Poly's defense.

Both teams then emptied their benches with five minutes to go. The only way Riverside could possibly get back into the game was to keep fouling Poly in hope that they wouldn't convert the bonus shots. But the only way they could do this was as a group, not individually. The Highlanders didn't know this, and they quickly put themselves out of the game.

Game-high scoring efforts went to Keys as they fired up Poly with 15 points. Jones, who led the league in scoring, contributed with 13 points.

Who was in control from the opening tip? Poly was in control from the opening tip.

**It was a great crowd. One of the biggest I've seen here. They really helped us up** — Wheeler

The Mustangs overall 51 percent as they were without the services of Jones and Keys' 16 points was also game high for Poly, as they didn't lose much in the transition. The only way Riverside could possibly get back into the game was to keep fouling Poly in hope that they wouldn't make the free throws. But the only way they could do this was as a group, not individually. The Highlanders didn't know this, and they quickly put themselves out of the game.

The Mustangs took their biggest lead of the first half when Keys' six foot jumper gave them a 9-3 lead. Riverside battled back and at the half they were down 58-38. Poly played well as they were without the services of Jones and Keys in the second half as they had to foul trouble. Subs Nell Wehner and Ben Pendelton then came in and the Mustangs didn't lose much in the transition.

**Spikers hold their own**

In their best showing ever against some of the nation's toughest, Cal Poly's volleyball team finished sixth out of a field of 22 at the UCS Santa Barbara Invitational.

Poly's high position in the invitational broadcasts them as a volleyball team to contend with. In tough competition Poly was beaten only by the best. Ahead of the Mustangs were volleyball powerhouses USC, University of Mexico, UCSB, UCLA, and San Diego State.

The two day, round-robin tournament saw some long, grueling games. At 9 a.m. Sunday morning was against Long Beach City College. They lost the first 11-15, but bounced back and won the second 16-14. They went on to sweep UC Riverside and in an upset, split with Humboldt 15-9 and 12-15. The final game in Saturday's pool was against the tourney's host, UCSB. In two excellent games of spirit and skill Poly won the first 16-14, but lost the second 7-15. Point totals placed the Mustangs second in their pool and thrust them into Sunday's competition.

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Track ‘workout’

Vikings Cal Poly tracksters got an early start on Friday as they prepared for the San Fran­
cisco Invitational Indoor Relay with nine Mustangs taking in the “three-week span” meet that will be held Saturday at the university. The meet begins at 10 a.m. Saturday.

The relay team will face a final test when they compete in the Los Angeles Times Indoor open mile relay. They will compete against tough competitors Long Beach State, USC and Arizona State Feb. 6.

Williams topped off the Games as his time of 4:31 in the 500 earned him a team position at the national meet.

We performed relatively well,” said Head Coach Rove Miller. “There is additional pressure in an indoor track meet because it seems like everybody is looking down your every move.

It was more of an individual thing, so I don’t know how the team will do. The competitors ran very well.

Women edge Fresno State

Playing before 5,100 excited fans in Fresno’s Selland Arena, the women’s basket­ball team edged Fresno State 89-87 in overtime.

The game, which was the preliminary to the Fresno State–Long Beach State men’s contest, was a see-saw battle all the way. Both teams scored 21 points per half, but it was the clutch shooting by Poly that made the game go into overtime.

Trailing by three points with 18 seconds to go, Poly’s Alex Vouchilas made the front half of a one-on-one situation. She missed the second and Fresno gathered the rebound. In desperation the Mustangs had to foul. Poly grabbed the rebound and quickly called time out.

“We wanted to get the ball to Sherry Ferrin,” said Head Coach Mary Sallerd.

last, “She’s been real tough in the clutch.”

Ferrin proved she was the right one again, as she took the final from Cathy Canalego at the baseline and sunk the five-foot jumper with one second remaining in regulation.

Junior Cathedral’s bucket with less than a minute to play proved to be the winning margin in overtime.

Jill Ornek and Jonie Masumami led Poly in scoring with 10 points each.

Sallerd’s squad played without the services of its scoring leader Becky Puckett. Puckett is out for two to four weeks with a broken bone in her hand she sustained in Thursday’s practice.

The Mustangs hit the road this weekend, playing powerful Cal Poly Pomona on Friday night and Cal State Northridge the following evening.
Retirees saluted with emeritus title

Six employees with over 185 years of service have been recognized as emeritus members of the faculty and staff of Cal Poly.

The honorary title, which is conferred upon retirement to those with 15 years or more as employees at Cal Poly, carries special privileges, including use of the university’s Union and staff dining room, visitor parking privileges, participation in faculty and staff affairs, and use of the Campus Store and El Corral Bookstore.

New faculty offices

(Continued from page 5) the governor's budget until the Department of Finance completes the cost of rehabilitating all state-owned buildings. Gerard said the gym does not conform with new building codes but if Brown decides the costs are too high, buildings will be able to rent a new career in going into business for themselves. Extensive renovation of the gym will make it possible for two people to use the space at any one time. Gerard said that the renovation project is being carried out by contractors who are members of the local community. The total cost of the renovation is estimated to be around $200,000. The renovation project is expected to be completed in the next six months.

Kelly Blixton loves to travel. She went to technical school and became an electrician.

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