Hypnotism: it's not a circus act...

Going through surgery without an anesthetic does not sound like a pleasant experience. But Dr. Ernst Werbel, a surgeon at French Medical Clinic, operates on some of his patients without an anesthetic and has found they bleed less, usually recover faster and are more relaxed before and after surgery.

He is not a miracle worker—simply a surgeon who uses hypnotism in his professional work. About 15 years ago, Werbel accompanied a friend to a three-day meeting on hypnotism in Las Vegas. The meeting sparked his interest in hypnosis. He took many courses, which led to advanced courses, which lead to teaching courses himself, which finally led to his writing a book on the subject. "One Surgeon's Experience with Hypnosis."

Werbel believes hypnosis can be of great use in surgery.

"One of the most important causes of unnecessary pain is the individual's fear of pain. He is less likely to get the patient to relax," Werbel said. "A person who is relaxed won't feel as much pain as a person who is tense."

Werbel said that blood loss is also greatly diminished when a person is relaxed by hypnosis. When someone is nervous there is adrenalin in the body and the heart will pump blood more rapidly, and therefore there will be more blood loss, he said.

Hypnosis can be useful in administering a trusting stage, preventive surgery, orthopedic surgery, neurosurgery and just about any other medical treatment.

Werbel said it can be put to very good use in obstetrics. He said many of the popular childbirth techniques use a form of hypnosis to relax the patient or a pain killing substance. It is also involved with relaxation, he said.

The use of hypnosis in surgery is dependent on the degree to which a person can be hypnotized. Not everyone is capable of going into a very deep trance in order to undergo surgery without any anesthetic.

"There are degrees of being hypnotized. A person can be in a light trance, medium trance, and a deep trance or semiconscious state," Werbel said.

He said there are many people who are able to go into a deep or semiconscious state who can substitute hypnosis for the anesthetic and feel no pain. He said every anesthesiologist has a death rate, but there is no death rate for hypnosis.

"The patient must always come in with the idea of being hypnotized," Werbel said. "I don't try to force it on anyone."

Someone who is hypnotized is put on a subconscious level. He said "When a person drives for a long time and is watching the window pass by, that can become a hypnotic trance. You may proceed in hypnosis and later you can't remember going through it, he said."

"It's not like someone has the power to hypnotize you. It is more like you are doing it yourself," Werbel said. "The hypnotist is just leading you into a trance."

He said the best subjects for hypnosis are people with high IQ's who are emotionally stable and who have the ability to concentrate.

Everyone has the ability to go into a trance, he said, but a certain rapport, needs to be established.

"I usually have an appointment because the patients have been referred to me by their doctors and I have been built up as a person capable of hypnotizing."

Werbel said, "However, I was sure to go to someone who is not trainable, and tell the person I wanted to hypnotize him I might have a different rapport with the patient, but the person is not there."

Werbel is one of a small number of surgeons who uses hypnotism extensively in his professional work. He said he was not taught in medical school because few doctors know enough about it.

He said he believes it should be taught, because it is a tool for medical and surgical problems.

Stories by
Laura Christman

Dr. Ernst Werbel (Daily photo by Dona Towe)

He said any time a person is so engrossed they don't know what is happening around them, they are in a trance. When you are watching a movie like "Star Wars" that is a trance-like state, he said.

To hypnotize someone you must distract the conscious mind and narrow the person's attention span, Franuch said. He said a person who doesn't want to be hypnotized can't be.

"Being hypnotized doesn't guarantee that you will carry out a suggestion," Franuch said. "If the suggestion doesn't agree with your normal moral code, you won't carry it out."

Hypnotizing people is not like writing in their minds out, he said. He said it is less dangerous than surgery, yet, it should be done by a professional.

"An amateur can run into problems he doesn't know how to deal with," Franuch said. "Someone who didn't know what they were doing could magnify the problem of a schizophrenia without knowing it, since those people already have a problem in dealing with reality."

Franuch used hypnotism to demonstrate the conscious subconscious mind to his general physiology classes at Poly.

"I gave the classes suggestion tests to see which students would be good subjects for hypnosis," Franuch said. "I took volunteers of students who wanted to be hypnotized."

He hypnotized the volunteers to show the class the phenomena and to give them more help in understanding the subconscious mind.

"Key you find someone who responds to tense situations by being mean and negative," Franuch said. "Through hypnosis you may find out the patient's father was mean and negative."

He said this shows hypnosis can bring out the premonition events and the person could be made to realize that he is an individual and he doesn't have...

...but a useful tool for professionals

There are more to hypnosis than a swinging gold necklace that mesmerizes people into living zombie. The true hypnotism is moving away from the amateur circus-act and into professional practice.

One professional who has brought a high level of value is Dr. Peter Franuch. He is pursuing his private psychiatric practice at the California Medical Clinic, where he is the director of hypnosis for his psychiatric practice. He also conducts hypnosis programs for his patients.

"Hypnosis is a state of deep meditation or a narrowing of the attention," Franuch said.

He said he can get a patient to do almost anything he wants him to do. He said he can hypnotize someone to hold an object in their hand and "Sense of touch." He can hypnotize someone to hold a lighted cigarette in their mouth and "smoke." He can hypnotize someone to hold a needle in their hand and "Feel the needle." He can hypnotize someone to watch television and "watch television." He can hypnotize someone to eat food and "Eat food." He can hypnotize someone to sleep and "Sleep." He can hypnotize someone to do anything he wants them to do.

"Hypnotism is beyond it's..."
EDITOR'S NOTE: This article was inappropriately cut in the Nov. 18 Mustang Daily for space. The following is the complete version, as printed in the Los Angeles Times, Author Diana L. Keeling is a member of the Cal Poly College Symphony, however, this is not true. Case in point: Thursday, an editorial appeared suggesting the opinionated writer "clumsy from brain." But, I am here behind my desk and may the little come up my Olympic rivalry editors prevail. Only those with enough concern and promotion will push their heads in the door to make comments.

The little editors who read these in excluded sections of the world will never be seen by us.

After an editorial appears in the paper, and letters start flooding in a few days later. Students begin to feel as if they are hearing the things they want to hear, the things that make the newspaper a window to the world.

Editorial writers, particularly student editorial writers, are subject to more than their share of pressure in writing opinion columns and expressing their views. The writers are often asked to comment on issues of great importance and to provide their insight and analysis. This can be a challenging task, especially when the issues are complex and controversial. The pressure to produce well-written, thoughtful, and engaging columns can be overwhelming.

It is important for student editorial writers to remember that their columns are a reflection of their own personal opinions and perspectives. They should strive to present their views in a clear and concise manner, while also being respectful of different viewpoints and ideas. It is also essential for student editorial writers to be transparent about their sources and to avoid making false or misleading statements.

In conclusion, student editorial writers play a significant role in shaping the discourse on campus and in society. They should be encouraged to continue to engage in thoughtful and meaningful discussions, while also being mindful of the potential impact of their writing. It is important for student editorial writers to be open to feedback and to continue to improve their Craft. Through this, they can make a valuable contribution to the community and to the development of critical thinking skills.
At Savannah, life becomes a cabaret

By DOROTHY NEWELL

Mailbox to the Daily

Entertainment reporter Cleve Claflin says that Savannah, a new dinner-cabaret club in San Luis Obispo, now in its third month of existence, is the brainchild of Tony Brown, a businessman from Chico, CA. who for years has dreamed of having his own dinner-theater. His dreams have now been realized through Savannah, an establishment offering food, drinks, cinema and live theater.

"I wanted to have an entertainment venue where people could come to see some fine films, live entertainment, enjoy dinner, and even learn to live music," says Brown. "I chose San Luis Obispo because I have a real attraction for this town."

The more intimate entertainment dome Sa has been the fifteen-seat type shows presented Thursday through Saturday nights.

The cabaret is primarily designed for the art serious, or another, has matter of time before the become the center of new trend.

The troupe is leaving Savannah to form an Independent, non-profit theater group named The American Repertory Theatre (ART). The group plans to present more music and financial and artistic freedom, Brown adds.

"We are now setting up and a producer and looking for theaters," said Cleve Claflin, Brown. "The group itself will now be separate.

ART will still perform in the theater adjacent to the Savannah Restaurant and in the Savannah Theatre designed by Cleve Claflin. ART will open its season in a production of "The Slayed End," Iona from Shel Silverstein's book of poems, "Where the New Wave" is ready to explode upon the world.

"New Wave" is quickly becoming a game show of life written by comedienne Looney. (Dally photo by Peggy Meuser)

Iona from Shel Silverstein's book of poems, "Where the New Wave" is ready to explode upon the world.

"New Wave" is quickly becoming a game show of life written by comedienne Looney. (Dally photo by Peggy Meuser)
Festival of the Sun sets as a shattered dream

By RICHARD PRICE
Daily Staff Writer

George Rachlin came to San Luis Obispo a year ago with little more than his violin and a dream of creating a beautiful festivalland.

He managed to gather his dream into a down payment on a grandiose theme, the Festival of the Sun.

It was supposed to be the most spectacular event in central California's recent history, an art and entertainment festival designed to attract visitors with eight days of fun and fantasy in a natural outdoor setting.

It was supposed to be the media's successor to such legendary concerts as Woodstock and Watkins Glen.

It was supposed to be the Ultimate setting for the sharing of human joy. 100 acts filled with circus acts and dance performances, movies and light shows, hot air balloon rides and big-name entertainers.

It was also supposed to make money.

But the dream which filled George Rachlin's life for nearly a year died in the same spot where countless other dreams have succumbed - at the cash register.

For above all, the Festival of the Sun turned out to be a giant jigsaw puzzle - slowly, fitting all the pieces together.

"But there was one piece missing," Rachlin said.

"The people. The people were missing.

Also missing now are most of those who helped Rachlin build the festival. The small cluster of people who lingered on after the quiet and dependent - in hark contrast to the bubbling mirth and excitement generated by the dozens of people who flooded to the festival site during the weeks preceding its ill-fated opening.

Those days, sparked by contagious enthusiasm and boundless confidence, were filled with the giggling chaos of opening night jitters.

But today, some of the same people who once nourished lavish dreams of success sit solemnly around a camping at the middle of the nearly empty festival site and exchange vague uneasiness about what they'll do next or where they'll go.

A few of the disappointed admit they are angry with Rachlin.

"He's got no business sense," complained one young member of a clown group.

"He's a phony, and I'll never do anything he's involved with again," Rachlin is philosophical about the desert.

"A lot of dreams have been shattered," he said. "And a lot of the dreamers weren't even able to deal with it.

Even as he spoke, someone opened the door of the small trailer and angrily hurled a coil of extension cord at Rachlin's feet, then slammed the door and stamped off.

"Case in point," Rachlin observed.

George Rachlin, who comes to forge dreams into realities, might well wish he had left the Festival of the Sun as just another happy dream.

Two trumpet soloists join Poly orchestra tonight

By BETH HEDNALL
Daily Staff Writer

Anthony Plog, who is a regular performer with the Festival of the Sun and San Luis Obispo Festival Orchestra, will be one of two guest trumpet soloists with the Cal Poly Chamber Orchestra tonight.

Plog studying the trumpet at age nine, under his father, Clifford Plog. He was involved with performing groups at San Luis Obispo High School, where he said he was tagged as "the small kid with the trumpet.

Today, he is freelance performer, a career that keeps him busy with a variety of engagements. When he is not appearing as an extra with the L.A. Philharmonic, or making recordings for an upcoming record, he might be playing in a brass quintet member or teaching his regular duties as associate professor of music at Cal Poly, he teaches trumpet.

Although Plog has put his freelance career on hold, he said he enjoys playing.

At the University of Southern California, he has been principal trumpet with the San Diego Symphony from 1970-73, and since 1974.

Although Plog has had to turn down other performing engagements to appear with the Festival, he says, "It's really fun thing to do. The atmosphere is relaxed, even though the orchestrists are awful busy. And Cliff (Swanson) is a nice guy.

He admitted that another motivation for his coming to San Luis Obispo is to perform his preference for the seafood restaurants in the area. He uses his annual visit here as a vacation, although he never leaves his trumpet in his case.

Friday's performance will be Plog's first with the Cal Poly orchestra. Swanson described the program for the evening as "unusual, particularly a piece by Haydn (Symphony No. 47 in C Major), which is rarely performed. It contains one of the strangest movements ever written for orchestra.

Swanson referred specifically to the third movement, in which the scores of the second and fourth sections are mirror images of the first and third, respectively.

"Five other works will also be performed, including "Farewell for Two Trumpets," which Plog composed while on a tour bus with the Utah Symphony. He has written five published works, some of which have been performed internationally.

The Chamber Orchestra's performance with Plog will appear in the Los Angeles Times. The concert will be at 8 p.m. in the Cal Poly Theatre. Admission is free to the public.

Triangle Talk

An illustrated lecture, "The Maredo Triangle, Mystery Un-" will be given by Larry Kriens, author and researcher on the subject. In California this year on Sunday at 8 p.m. Admission is $2 general and $1 students and children. Tickets are available at Breit's Music in San Luis Obispo, Alessandro Pharmacies, Amore Drug, Petco and Metro Bank in Paso Robles and Morro Bay, and the Cuesta College Community Services office.

BIC Pens

15th Anniversary

Faded Glory Jeans $15.00
mention this ad and get them for
$14.00
Inmates' turn to crafts at Men's Colony

By KATIE KEVLICH
Special to the Daily

Trapped in a few miles of Poly with little chance to escape, inmates must find new ways to pass the time. The colony is one of the few places in the county where inmates are allowed to express their creativity through various arts and crafts.

Inmates have access to a variety of materials and tools, allowing them to create a wide range of projects. These projects often serve as a form of therapy, helping inmates cope with the challenges of incarceration.

One of the most popular crafts at the colony is painting. Inmates can choose from a variety of materials, including paint, brushes, and canvases. They can work on their own or with other inmates, sharing ideas and techniques.

Another popular craft is woodworking. Inmates use power tools and wood to create a variety of projects, such as furniture, decorative items, and even tools for use inside the colony.

Inmates also have the opportunity to create space for a number of additional creative outlets. These can include photography, sculpture, and even writing.

Inmates are encouraged to explore their creativity in a variety of ways, and the colony provides a supportive environment for them to do so. The end result is a range of beautiful and unique pieces that are created and displayed by the inmates.

The colony is proud to showcase the work of its inmates and encourages others to come and see the variety of crafts that are being created.

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**Ag Activities**

Ag of Farm City Week

If you want to know more about agriculture, you won't want to miss the Farm City Week activities. The week is full of events, including a barn sale, art auctions, and more. For more information, visit the farm city week website.

**Ag Days**

A special event for all ages, Ag Days is a celebration of agriculture. The event features live music, food, and a variety of livestock displays. Visit the Ag Days website for more information.

**Ag in the Classroom**

A program designed to bring agriculture to the classroom, Ag in the Classroom provides teachers with resources and training to help them teach agriculture to their students. Visit the Ag in the Classroom website for more information.

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**Hot Spots**

**Three Floyds Brewing Co.**

Located in the heart of Munster, Three Floyds Brewing Co. is a popular spot for beer lovers. The brewery offers a wide selection of craft beers, as well as a variety of food options. Visit the Three Floyds Brewing Co. website for more information.

**The Breaker**

Located on the north side of town, The Breaker is a popular spot for live music. The venue features a variety of bands and performers, as well as a full bar and menu. Visit the Breaker website for more information.

**The Rat's Nest**

Located in downtown Hammond, The Rat's Nest is a popular spot for beer and food. The venue features a variety of craft beers and a menu with a focus on American comfort food. Visit the Rat's Nest website for more information.

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**Turkey Day**

Members of the local turkey hunters' club are preparing for the annual turkey hunt. The hunt is set for Thursday, November 26, and will take place at the club's headquarters.

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**Contemporary Campus Clothing**

A new line of clothing for men, Contemporary Campus Clothing offers stylish and comfortable clothing options. Visit the Contemporary Campus Clothing website for more information.

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**POLY PORKS**

A gift box of assorted cheeses!! Come and see the sample display at the POLY PORKS booth.

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**MCLINTOCKS**

A celebration of blues from the Chace Lake Drifters Friday night at the school on Higgins Street. Saturday a local country band, Groove, will be entertaining.

**ODE PT INN**

The Port is hopping all weekend long including Tuesday afternoon with a rock and roll band, Rock from the Bay Area. Repeat the night of the afternoon of the pair at Port East Sea.

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**The WEB SHOP**

The stores website is available at www.thewebshop.com. Visit the website for more information and to shop online.

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**Taste of Fashion**

A special event for fashion enthusiasts, Taste of Fashion features a variety of runway shows and fashion demonstrations. Visit the Taste of Fashion website for more information.

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**The GIFT SHOP**

The gift shop at California Men's Colony displays the various handcrafts of the inmates. Visit the gift shop website for more information.
New wrestlers surprise fans during intrasquad

By JIM ALVERNAX
Daily Staff Writer

The Cal Poly wrestling team will have a lot of new faces this season and some of them could be a little surprising, as a result of Wednesday's intrasquad match.

The annual intrasquad contest is generally held to determine the varsity squad for the upcoming season and to introduce Poly's top 20 grapplers of the public.

What wasn't really expected was the 112 and 116 and pound weight classes and some decisive victories for redshirt freshmen Glass Cooper over junior Ben Williams at 142 pounds.

First the surprising news: Lee Goldsmith (119) and Ted Ovvern (126) were realistically considered strong at last beating their mates.

Goldsmith, a freshman, was not really expected to be an easy victory over sophomore Gary Fischer, Poly's regular varsity 118-pounder for much of last season.

A year of varsity competition, especially in a league of another's ability and quality, has greatly improved his chances of edging over someone who has wrestled only in the prep ranks.

CCAA team

During the California Collegiate Athletic Association team was at the first place last weekend in Los Angeles.

Three members of the Cal Poly team were named to the All-CCAA team.

Pen Hester, a senior, and leading scorer for the Mustangs this season, was named to the First Team. J u n i o r Josiah Brent and sophomore Paul Atwood were named to the second team.

Poly came up on the short end of the stick during the tournament, losing all three games.

Cal Poly Pomona won the contest for the fourth straight year.

Goldsmith, who promises to be a great one at Poly, showed a lot of heart determination while battles Fischer in 3-0 setback.

The tie will be settled by future challenges.

Ovvern found a similar situation against Leon Lanisenti in his first match for Poly, with Maciarielli, a former Division II place winner (6th at 174) while Ovvern's high light at Pomona Junior College was a low finish at the 2A state meet his freshman year.

What ensued though, was one of the most exciting matches of the season even though the scoring was minimal, 3-2.

The 142-pound match was billed as the feature match of the night pitig Cooper, a two-time California State champion and Williams, who was 35-7 for the Mustangs a year ago.

It turned into a hard fought battle with Poly getting a 3-3 victory over Cooper who set out last season at Poly with an injury.

And saw the non-surprising news.

Could you be a nuclear expert?

(If so, you could earn more than $600 a month your Senior year)

Even if you're a junior engineering or science student major it's not too late to start thinking about your career. And if you don't know what to look for, an expert in nuclear power, the Navy has a special program you should think about right away.

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3. Nuclear Engineer

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Sports Shorts

Soccer

The Cal Poly women's soccer team will be in the first meet as a two-time All-American team when they face the University of Washington Thursday night.

The team will meet at 7:15 in the Recreation Center.

The team will play in the first meet as a two-time All-American team when they face the University of Washington Thursday night.

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He went from center court to midfield

by JIM ALVERNAZ
Daily Staff Writer

Andre Keys stands out in football team

The fact that he is 6-7 seems to make this observation obvious to any onlooker. However, what makes Keys different from his teammates is much deeper than his physical stature although that is certainly a plus to do with it.

For the fact is. Keys, currently football and basketball player on the Cal Poly football team, is playing a game outside of his comfort zone.

Since his graduation from Salinas High School in 1973, Keys, not surprisingly, has developed his love of basketball.

An all-silver right end at Salinas High, Keys quit playing competitive football during his sophomore year at San Francisco City College and the head coach insisted he be a defensive back.

The thinking of being the smallest defensive back around didn't appeal much to him so he joined the SFCC basketball team.

Two undersized years in JC ball brought him to Poly where, under coaching of Roger Wheeler, he became the dominating force in what was an inferior Cal Poly College basketball team.

The Mustangs basketball team won the conference and western regional, before being eliminated in the NCAA Division II finals.

Keys had been asked to try out for the Mustang football team after his junior year but decided to hold off until after his final year to full practice again last spring and agreed to participate in the next fall.

Suprisingly enough, although he played for a high school team in his junior year, Keys was never expected to find himself in a starting role.

But injuries, on both the basketball and football teams, forced Keys to start in both.

The center and right guard for both the Mustangs and Poly, Keys has been a learning experience and, at times, very frustrating.

Not only did Keys have trouble adjusting to the faster, bigger pace of life in San Luis Obispo compared to that in the City, the Mustangs dropped off from a fast season's start and finished last in the conference.

"I was really miserable," said Keys. "It was really hard to get adjusted. There was nothing to do about it." Keys said.

"I told the coach I wasn't coming back.

Fortunately for Poly, friendly persuasion and some scholarship money convinced him to stay.

The results were amazing.

"I don't think any athlete has improved as much in one year as Andre did," said Wheeler. "He made a complete turn around.

"We kind of feel that if he had another season of eligibility he could go high on the pro draft. He is still learning the game."

Keys had a chance to play a little professional ball in a Philippine league but decided not to go.

"I heard there was a war or something going on over there," he said.

The European professional leagues is another possibility according to Keys.

One thing he is sure of is that he wants to play basketball. Right now, though, he'd like to maybe catch a few passes and score a few touchdowns. That is, after all, the primary goal of a receiver.

Andre Keys is one of the few athletes at Cal Poly that play two sports.

He played basketball, and on this year's football team.

Oddly enough, although he hasn't played often for the Mustangs, he has received letters of inquiry from several National Football League teams.

One thing the experience has confirmed to him is the fact that basketball is his true love.

"I can come off football practice and then go out and shoot basketball," he said.

A high school basketballer in addition to his football and basketball prowess, Keys said he needs some sport to play back.

"I just want to play ball. I don't think I can just go to school for school's sake," he said.

With visions of a pro career Keys admits that graduating is not his largest goal in life. "It doesn't mean a whole lot if I leave and don't get a degree when I can make money right away," he said.

Actually his basketball career at Poly hasn't always been easy.

According to coach Wheeler, Keys made it at Poly as a greatly skilled athlete who really hadn't played a lot of basketball.

His first season on the Mustangs basketball team was a learning experience and, at times, very frustrating.

"Not only did Keys have trouble adjusting to the much slower pace of life in San Luis Obispo compared to that in The City, the Mustangs dropped off from a fast season's start and finished last in the conference. "

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One thing he is sure of is that he wants to play basketball. Right now, though, he'd like to maybe catch a few passes and score a few touchdowns. That is, after all, the primary goal of a receiver.
Now comes Miller time