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Dorm living & how to survive it
and
Getting through the red tape at Poly
...page 7

GET A Job!
...page 9
Searching for Smart
...page 11
An alternative to the gym
...page 13

Financial Aid to the rescue
and
For a change of pace, get into the SLO life
...page 15

PENNY PINCHING FOR A GOOD TIME
...page 19

Fall Sports are ready to rock
...page 23

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Adapting to your home away from home

By Anne Thomas

"Climbing to college is about more than going to class," he said. "Learn how to set up your own pace. The dorms help you organize your leisure activities." Carol Schaffer, assistant director of Residential Life and Education, agreed that living in the dorms does more than provide easy access to classes and university facilities. She said the residence halls provide a crucial sense of community and offer students a network of services designed to make one's transition into the world of Cal Poly as smooth as possible.

"There is more to living in the dorms than the four walls of your room," she said. "It's a great opportunity to meet people and live in a supportive environment. You meet some of your lifelong friends, and hopefully you learn something about yourself." Aiken said that in a dorm situation, it is almost impossible not to meet people. "Living in the dorms gives you more chances to get involved with the campus, and provides you with ready access to make friends," he said.

Social sciences senior Mindi Bridges said she met most people in the dorms through very simple social interaction. "I got to know a lot of my neighbors by just doing things like going into other people's rooms to watch TV at night," she said. "I found that as the school day wound down, a lot more people were up and about. If I would have just stayed in my room or gone to bed during those times, I think I would have missed out on a lot." Friendships sprang up all over the place in the dorm culture. "A lot of the good friends I have now are from my floor in the dorm," said Kimra Aquino, a human development senior. "It's a good environment because everyone is in the same boat. I also actually met a lot of people at the Lighthouse. We used to make our meals a social event."

Living in the dorms is about adjusting. You will be amazed what you can get used to. Before long you might even grow to like that time-green industrial sight you wake up to every morning, and after a few months you will not even notice the constant aroma of day-old pizza and Top Ramen. How minutes spill to your car will feel like a walk in the park, and maybe, just maybe, someday you will get used to sharing a tiny room with a total stranger.

Ah, roommates. Some are angels. Some are...well, some are angels.

Aiken says surviving the roommate situation is all about communicating. Example: You like to go to bed early, but your roommates like to stay up late and listen to music. Solution: Let him or her oversleep a bit.

Aiken said it is crucial not to go on first impressions when you meet your roommate. "To get to know them," he said, "try to accommodate each other."

Schaffer recommends immediately establishing open lines of communication with a new roommate to assure smooth sailing.

See DORMS page 31

Cutting through the red tape: How to beat the system at Cal Poly

By Heidi Laurenzano

HELP FROM HERI

by Heidi Laurenzano

list for life at Cal Poly. Some of these hints come from my own experiences and some are from fellow high-brass students. No one warned us about these things before they happened. We learned the hard way, and now you won't have to.

CHANGING MAJORS

Changing majors is one of the biggest headaches on campus. If you need to get it done quickly, give yourself one full day to devote to prevailing the form through the necessary labyrinth of bureaucracy. You need to get it signed by three very important people in this order the head of the department you want to go into, the school dean of your proposed major and the department head of your current major. Beware - these people aren't waiting for you to come to them. They can solve your problems. They are busy people with secretaries that can keep you and your problems at bay. Be assertive, but don't be a jerk.

Under normal circumstances, the form takes about a month to get completely filled out. My student and staff sources tell me that's how long it takes to set on each high-ranking desk and finally find its way through the process. If you physically push it through, you can get it done much quicker.

CAPTURE HOLDs

When you owe Cal Poly money, it makes sure it gets paid by placing a hold on your registration. This means that instead of the CAPTURE lady telling you to proceed with your registration, she says, in a evil tone, that you have not been cleared for registration. You lose your good priority while you run around trying to get the problem cleared up. To avoid this catch, check with Student Accounts 756-1428 about a week before your CAPTURE every quarter so you can clear up any unforeseen problems.

I didn't check before registering for my third quarter at Cal Poly and boy was I sorry. I tried to CAPTURE and I got hit over the head with three holds on my registration. God only knows what perfect schedule I could have gotten if those holds hadn't been there.

Student Accounts said one of the top reasons students get holds on their registration is because they haven't paid off their course fees from previous classes. For example, if you take a basic computer science class, you're charged $10. You'll get a bill in the mail for this fee. If you don't see the bill, call Student Accounts. If you don't, no one's going to call you up and remind you to pay it. Each quarter's class schedule denotes whether a class has a course fee. Refer to it.

Don't do this to people who don't pay their phone bills face the wrath of not just their parents and cell collection agencies, but also Cal Poly. If you don't pay your phone bill, you lose your parking pass - a friendly reminder from your Student Accounts representative. The only way to get the CLEAR CAPTURE capabilities is if you pay your phone bill. Go to Student Accounts, 665-2100, and get your bill. You won't get a hold on your registration.

Library employees Kim Shugrin and Sattari said it is rare to see a refinance, registration or checking out another book is out of the question. Easiest on the shelf.

Student Accounts said another common reason students get their
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Step #1: Where to look

You are in college – time to manage yourself in learning, spend long, contemplating hours under trees and hanging around dormitories discussing the essence of time. Right? Welcome to Cal Poly. Now get to work.

For many of this fall’s new students, finding a job will be as essential as buying books. Here’s how to do it.

To work or not to work? For some new students asking this question will be a vital first step.

Should a first-year student work? Many students say no, many parents say absolutely, and Cal Poly Career Services says “it depends.”

Joan Ganous, office manager for student employment at Career Services, said that before beginning a job hunt it is important to assess your schedule, study habits, time management skills, access to transportation and involvement in other activities.

She said students heavily involved with sports teams or clubs, or students taking a large number of units, might find there is not room in their lives for a part-time job and academic success.

Ganous did mention that she heard of research that found freshmen who worked tended to have lower GPAs than those who did not work.

She also added that many new students do not have the luxury of choosing whether or not to get a job. They need a job and they need one that is flexible and sounds familiar, keep reading.

Your next question should be, “Are there any jobs out there?”

Here’s the truth; you have just moved to a town bursting at the seams with college students hungry for work.

Michelle Berglund, human resources director for F. McIntosh’s Saloon and Dining House, put it, “Employers in this area are spoiled.”

Students are everywhere and jobs are scarce. But there is hope.

Capturing a job in San Luis Obispo can be done. It just requires a carefully staged attack. It is about timing, preparation and strategy, so let the hunt begin.

Step One: Where to Look

Your trek should begin at Career Services in the Student Services Center, building 124 on the corner of the street and Mustang Stadium.

On your first visit you will be asked to fill out a small registration card verifying that you are a Cal Poly student. You then have unlimited access to the center’s Part Time Board. New openings for both on- and off-campus positions are posted every day.

Once you have staked out the Career Services Center, it is time to pound the pavement. This means really hitting the streets, going into businesses and asking for applications.

Judging by some of the responses from local employers surveyed for this article, one message is quite clear: don’t call. It’s not a good idea to phone business owners and ask if they are hiring.

“We don’t hire people who are too lazy to come down here,” said Jeff Lafranchi, general manager at Woodstock’s Pizza. “Looking for a job over the phone is total failure.”

When you present yourself at a business, preparation is key.

“Come in prepared to meet the person you may be interviewing with,” said SLO Brewing Co. Manager Tami Williams. “Have a pen, know the date and your references, and dress nicely.”

With regard to clothing, Ganous suggests dressing in a manner that the business would want its customers to see. This may mean dressing similar to how the business’s employees dress.

She said that she has had employers ask her to remind students not to come in with their friends or pets when they apply for a job.

Ganous suggests applying to as many places as possible and being flexible about the type of job you will take and the schedule you will work.

Step Two: The Application

Once you have wooed them in the flesh it is time to impress them on paper.

There are a number of things you can do with a job application to make yourself stand out.

From talking to a number of local managers, it is clear that there are three main things they look for in student employees: availability, availability and availability.

Students who schedule their classes in blocks with large gaps of open time definitely have an advantage.

Experience is another big one.

If your previous jobs are different from the job you are applying for, Ganous suggests playing up the elements of your old jobs that developed skills such as team commitment, customer service and organization — you would use in a new job.

She also recommends mentioning any computer skills you have, volunteer work you have done or events you have organized.

She said former employers make the best references, but remember to ask permission before giving information out.

Step #3: The follow up

Step #4: The interview
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Still Missing

The search for Kristin Smart continues; disappearance raises safety concerns

By Mary Holmes

It's been almost one year and four months since Cal Poly freshman Kristin Smart left a Friday-night party, headed back toward her dorm room, and was never seen again.

The investigation remains open, and police say they are still receiving new leads. But the bright yellow, missing person flyers are fading to blue and, as time passes, it becomes less and less likely that Smart will be found alive.

The Smart case is particularly shocking because of Cal Poly's reputation as a safe campus in a law­

crime community.

Students, in particular, are wondering, "How did this happen? Could it have been me, or my best friend, or my sister?"

Nineteen-year-old Smart was last seen May 25, 1996, walking across campus around 2 a.m., with Cal Poly junior Paul Flores.

Flores maintains he last saw Smart walking toward her dorm, though authorities say they believe otherwise.

Flores' role in the disappearance has been investigated, but no charges have been filed against him.

"We feel pretty strongly that he's concealing information, and we certainly have done everything we can within the law to invite him to talk to us," said County Sheriff's Lt. Steve Bolts, who has been in charge of the investigation since last October.

Flores' attorney would not comment on the case.

The Cal Poly campus was first searched May 30, five days after Smart's disappearance. The search turned up no definite leads. Other searches of the campus, Poly Canyon and nearby areas have also failed to provide clues to Smart's whereabouts.

Smart's parents Stan and Denise, frustrated by the lack of results from the investigation, have filed civil suit against both Cal Poly and Flores.

"We are focusing on the suit against Flores," Denise Smart said. "Anything that can help us find Kristin is our first priority."

Despite numerous searches and a $75,000 reward offer, Cal Poly student Kristin Smart has been missing for nearly a year and a half.

As time passes, officials and family members wonder whether the mystery surrounding Smart's disappearance will ever be solved.

Meanwhile, fall quarter will bring thousands of new students to campus, ready, as Smart was two years ago, to experience the thrills and frustrations of college life.

"They will go to parties, and many will drink, just as Smart and Flores did that night. Some will choose to walk home with friends or acquaintances. These people are doing what safety experts advise: don't get in a car with a drunk driver and don't walk home alone."

"Overall the campus is a safe place, but I think that persons who are vulnerable, especially women, shouldn't go anywhere alone after dark. There's safety in numbers," Bolts said.

But such precautions don't always work, as the Smart case proves.

Other advice on personal safety: from Ray Barrett of Cal Poly's Scared Safe program, could help prevent dangerous situations:

"People really need to monitor their alcohol intake. It impairs your thinking ability. Be with your friends. Don't let your friends go off by themselves. Ani follow your intuition."

See SMART page 33

---

"Anything that can help us find Kristin is our first priority."

--Denise Smart

Kristin's mother

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Up Bishop's and through the Canyon...
Poly students exercise in the great wide open

By Martha Blackwell
WOW Staff Writer

It's the beginning of Fall quarter at Cal Poly, and campus is congested. Classrooms are warm, parking spots rare, and the Recreation Center - the one place where students can escape the stress of everything else that's going on - is even more out of control.

"Last fall, this place was a zoo," said physical education senior Amy Haver, who works in the exercise room of the Rec Center. "Students had to line up outside and wait until someone left before the next person could come in."

Haver offered a suggestion for those students planning to use the exercise room at the beginning of fall: "There's so much to do around here outside for exercise," she said.

Cal Poly and the surrounding areas of San Luis Obispo offer a variety of outdoor options for students who are interested in hiking, biking, running or climbing.

Students are able to keep on a hike or lace up some running shoes and take off for an adventure in the wild outdoors. And while the exercise room doesn't allow students to wear tank tops inside, Mother Nature could care less.

A good place to start searching for that perfect local trail or adventure around campus is at the ASI Escape Route, located on the first floor of the University Union.

Chemistry freshman Marimi Misono said for her favorite experience has been climbing the rock walls at Bishop's Peak off Highland Drive about one mile from campus.

"Climbing is just such a stress relief," Misono said. "It's exhilarating and motivating to get to the top of a wall and look down over the city."

Sterner recommended climbing Cracked Wall, which has climbing routes for both beginners and the more advanced. The Escape Route has a video and book library with information about climbing, hiking, biking, camping and winter sports. The book "7 Sisters Rock Climbing" by Tom Slater describes the various climbing spots students can explore at Bishop's Peak.

To find good climbing places and partners, some students use the trip board at the Escape Route. The board lists upcoming outings.

"People should always check the trip board," Sterner said. "We'll just get people coming in here asking if anyone wants to go climbing, and people will go."

Bishop's Peak is also a popular spot for hiking and intense off-road running.

A past popular location for hiking up Bishop's was off Foothill Boulevard. But in the past few months Alex Madonna, owner of the Madonna Inn and the Foothill Marketplace, closed the hole in the fence and put up "No Trespassing" signs.

"The students who were using it weren't treating the neighbors well," Madonna said. "I had to go along with what the neighbors wanted."

Students can still access the place to get away for a hike, run or just a quick break from class - for an on-campus workout, explore Poly Canyon which boasts the student-created Design Village along with hiking and biking trails.

For an off-campus workout, explore Poly Canyon which boasts the student-created Design Village along with hiking and biking trails.

See NATURE page 33

Photos by Michael Troxell
(Top) Business major Cheryl Talmage perches in the surf at Montano de Oro. (Above) Cracked Wall at Bishop's Peak offers routes for beginning and advanced climbers.

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SLOly adapting to culture shock

By Christina Pratt
WOW Staff Writer

Welcome to San Luis Obispo, where the way of life is best described by the city's acronym: SLO.

This community has small-town charm, so while it may not be bustling with life at all hours like San Francisco or Los Angeles, it does have a lot to offer residents and students.

The Nightlife

The first question on the minds of new Cal Poly students might be whether San Luis Obispo has life after dark. The answer is yes, and there's a fairly wide selection, from parties to a diverse bar and club scene.

Sal DeSimone, owner of Madison's Bar and Grill, said the entertainment options in San Luis Obispo are very similar to Los Angeles. DeSimone owns a Madison's in Westwood, near UCLA, and is opening another in Santa Barbara this year.

"San Luis Obispo is as aggressive as any community," said DeSimone, listing some of the entertainment options around town. Swing Night and Disco Night at Mother's Tavern, cigar Night and internet access at the Library, a variety of live bands at Madison's, and that the students in the community want a more intimate atmosphere.

The managers of several bars including SLO and Madison's described the nightlife of San Luis Obispo as a small community, with more of a neighborhood feel when you go downtown.

Graduate and the "Frat-Rock, Cheers-like" atmosphere of Madison's.

"It's difficult to pigeonhole San Luis Obispo as a small town," DeSimone said.

Compared to other small towns in the United States, DeSimone said San Luis Obispo is "far more metropolitan."

He acknowledged that there is a limited number of people who hit the bars in San Luis, resulting in the same crowd every night. Although a large city like Los Angeles has a far more diverse population, DeSimone pointed out that the benefit of a small population is that you get more of a neighborhood feel when you go downtown.

George Camacho, general manager at Zebra Cantina, across the street from Madison's, agreed that there is not a large pool of people in San Luis Obispo and that the students in the community want a more intimate atmosphere.

When Zebra Cantina first opened as Zebra Cafe last winter, it had a slightly different format. The big, open warehouse, cuttin-edge music and continental cuisine wasn't popular with Cal Poly students, he said. Since it opened, the club/restaurant has changed its name, atmosphere, music selection and food in order to draw more college students.

Zebra Cantina offers dancing seven days a week with occasional rave, hip-hop and 18-and-over events. Occasionally, Zebra Cantina offers a "Party under the stars." In November, DJ George Santiago will be spinning tracks at Zebra Cantina.

See CULTURE page 39
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Hitting the town on an empty pocket

By Kristin Hall
WOW Staff Writer

You're finally at college, your own. As you're setting in with your new roommate, you not only realize how small your dorm room is, but how small the whole town is. You start to wonder why you left the big city.

Was it worth sacrificing the fast-paced city excitement for the tranquility of college life in San Luis Obispo?

Don't go into culture shock. The town may be small but there's plenty to do on a SLO night, and the fun will probably come cheaper than it did in the city.

Whether you have $5 to spend or $20, a fun time can be found in SLO without the hassle of taking multiple trips to the ATM machine.

Cal Poly students like Andrew Parkinson, bio-chemistry senior, even know how to have a good time for free. Parkinson suggested going to Farmers Market every Thursday night on Higuera Street. It's filled with bargains, fresh produce and flowers at a lower price than most grocery stores.

Data by Joe Johnston

(Top) The Palm Theatre downtown on Palm Street offers foreign and independent films. (Above) Farmers Market every Thursday night on Higuera Street is filled with bargains, fresh produce and flowers at a lower price than most grocery stores.

PERFORMING ARTS CENTER
Now Hiring Stagehands
Experienced Preferred (tech theatre or A-V)

Work at the PAC with professionals and local groups on sound, lighting, wardrobe & rigging plus setup and teardown for a wide variety of events.

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Contact us at 756-7247 for further details. Applications in the lobby (near ticket window) or Rm 113 (inside loading dock). Pays $5.75 to 6.50/hour.

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Great selection of new and used movies at low prices!
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We accept ATM cards for carryout orders only.
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accounts locked up is not paying their pay modem pool charges. It's easy to forget to put this because the bills are e-mailed to students. Students can easily mistake the bills for spam (junk mail) and throw them out. Along with the virtual mail goes next quarter's chances to register.

**Immunizations**

If you don't get your immunizations or show proof that you've had them at the Health Center within your first two quarters as a student, you won't be able to register for classes. Get it over with now. Call your parents and have them send you a copy of your shot record. If you've never gotten your shots, I hope I don't have a class with you.

**Credit/No Credit**

Another Cal Poly confusion is credit/no credit grading. Currently, no major or support courses can be taken credit/no credit, so don't let the CAPTURE lady confuse you. She'll give you the option to take any class credit/no credit. She just doesn't know the real deal. Or it could be they can't make the machine differentiate between what classes can and cannot be credit/no credit.

To confuse you even more, the credit/no credit grading policy seems to change.

Right now, students are allowed 15 units of credit/no credit grading during their Cal Poly career, but that's only true until fall of 1999. Then, you will only be allowed 16 units credit/no credit, but four of those can be used for major or support courses.

Only two classes at a time can be taken with credit/no credit grading.

So use your options wisely, and if you need to take a class without the pressure of a letter grade, this year just might be the time to do it.

**Grade Changes**

When the quarter's over and you don't feel the grade your professor gave you is fair, there is a way to redress your grievances. File a grade change form. Don't wait until your GPA looks like dog meat though. You only have seven weeks after the end of the quarter to get the ball rolling.

After that, the only way to get it changed is if you have a doctor's note or proof of a family emergency. Even if that's the case, you still can't put it off too long. One year after getting the bogus grade, your petition won't even be considered.

**Class Withdrawals**

Withdrawing from a class may require more than what page one in the class schedule dictates. Fellow WOW staff writer Anne-Thomas said she ran into some trouble when she wanted to withdraw from an English class in the seventh week. Even though she was within the deadline to get the withdrawal form signed, her instructor said she had to go through CAPTURE if she decided to drop a class. Not all professors will drop you if you don't show up to class, and you could receive a "F" grade, which is as bad as an "F." If you remember that you haven't dropped the class after the last day to drop, good luck trying to withdraw. Some professors think a student who forgets to drop is lazy and irresponsible, and won't sign a withdrawal form, period.

Speaking of getting dropped for not showing up in class, that's the general rule in the beginning of the quarter. If you don't show up to the first class meeting, the professor will draw a line right through your name on the attendance sheet, and will allow some other student who bothered to show up (even though they weren't enrolled in the class) to take your place.

**Parking Tickets**

Even though parking on campus can be a challenge, resist the temptation to park in staff spaces. Campus police will ticket you in a heartbeat. If you've got a student parking permit, you pay $15. If you don't have one, the fine is $25. Metered parking spaces are only available for 1 hour.

**HELP from page 7**

You pull way too many all-nighters, can't scrounge up enough quarters for laundry and your roommate snores like a fog horn.

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To get in on this prime deal, call 1-800-722-900 or visit your financial aid office.

And don't forget to use lender code 805201 in your Stafford application. Other private loans are also available.

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Mustangs begin season on a roll

Once the school of world-class athletes Ocie Smith, John Madden and Leven Roberts, Cal Poly can be the start to great professional athletic careers. For others, wearing the Green and Gold might be the closest thing to fame.

Almost all Mustang athletes compete at the NCAA Division-I level, except for the football team which enters its fourth season as a Division I-AA Independent.

With three years of Division-I play under its belt, Cal Poly has already enjoyed early season success on the court, in the field and on the road.

Football

Last season, under the guidance of head coach Andre Patterson, the Mustangs closed out the year with a 5-6 record. Since then, the team has undergone several changes.

Patterson left Cal Poly earlier this year to become an assistant coach for the New England Patriots and now former Atascadero High School coach Larry Walsh will take the sidelines of Mustang Stadium.

With Walsh at the helm, the Mustangs are 1-0 (at press time) after beating U.C. Davis 20-19 on the road September 6.

Cal Poly’s next home game is September 20 against Western New Mexico at 6 p.m.

Women’s Volleyball

The women’s volleyball team has competed at the Division-I level since 1979. The Mustangs competed in the Big West Conference during 1986 and 1989, seven years before most Cal Poly teams joined the conference in 1996.

Cal Poly travels to two tournaments, one at University of San Diego and another at New Mexico State, before returning home to face University of Texas at San Antonio on September 19.

Women’s Soccer

Eight seniors return to lead the women’s soccer team this year after ending last season as Big West Conference Tournament champions. The experience these players bring to the field has helped the Mustangs get off to an early season record of 2-1. An overtime loss to Santa Clara on the road is the only blemish on Cal Poly’s record.

Cal Poly started the season with two victories at the UC Berkeley Ltd. Fast Locker Tournament. The Mustangs defeated Northwestern, 2-0, and bondurant University of Utah, 4-0.

The Mustangs’ first home game is September 19 against University of Kansas, 2-0.

(Left) Craig Young ran for 124 yards in Cal Poly’s 20-19 victory over UC Davis. (Bottom left) The women’s soccer team is off to a 2-1 start this year. (Bottom right) Amy Albare concentrates on a bump during practice this month. Photos by Dawn Kalmar and Joe Johnston.
Leave that car at home!

You've got plenty of other ways to get around the central coast.

For more local transportation info, call up www.rideshare.org
Regional Ridesharing: 541-CARS
Countywide computer data base to match you with others to share the ride.

CP Commuter Services: 756-6680
Bus service, biking, carpooling and Amtrak connections.

SLO Transit: 541-BUSS
Serves the entire City of San Luis Obispo. Get around town fast, easy and free with your student ID.

CCAT Bus: 541-CCAT
Serves the entire county of SLO, including beaches. Bike racks on all buses.

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Van service, with preference given to ADA, reservations required.

Safe Ride Home: 459-3616
Ride-On van service Thursday through Saturday, 9 p.m. to 3 a.m. Don’t drive drunk. Call Safe Ride.

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Free Bike Maps showing the best commute routes in SLO.

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Come see for yourself. We'll be on campus:

Price Waterhouse will be holding an Information Session on campus. Please contact the Career Placement Center for more information on the date and time of this event.

Interviews will be conducted on campus November 17 & 18.

Discover the #1 firm in Computerworld's 1997 "100 Best Places to Work." When it comes to Management Consulting, there's just one choice. For more information on our Firm, visit our website at http://www.pw.com/mcs. We are proud to be an equal opportunity employer.
"We look for someone who has got longevity, and looks like they will stick around for a while."

—Michelle Berghold of F. McIntosh's

A resume can get you pretty far, especially if it gets into the right hands. Gamous said one of the common ways students get jobs in San Luis Obispo is through friends. If you know someone with a good job, she recommends asking him or her to give your resume to the manager.

If you are new in town, try to meet people at businesses that you frequent. Building connections could be the trick to landing a good part-time job.

Although they often lack experience, college freshmen can be appealing to employers. Businesses look for stability in their employees, and freshmen are most likely to be in town for a number of years.

"We look for someone who has got longevity, and looks like they will stick around for a while," said Foreman of F. McIntosh's.

In addition, Gamous explained that this is the first year that freshmen are eligible for work-study financial aid. With work-study, the government pays up to 70 percent of a student's salary, and save the employer a great deal of money. Any student on a work-study program should be sure to mention it during the job application process.

Step Three: The Follow-Up

After the application is in, it may be wise to make a follow-up phone call or drop off a resume that is of interest to the job.

"We do have managers who will help you with that," Gamous said. She said instructors and freshmen may include someone who will help you with that.

The employer should be easy to understand, and not leave the caller wondering if he or she has made a deal. The manager's position is still in the position.

Step Four: The Interview

If the interview pays off, and you fail to get the job,Gamous recommends to find out about the employer.

See JOBS page 27.

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(You just might make it through this college thing.)
DORMS from page 7 through the year.

"Set down the ground rules so you can develop a positive relationship," she said.

Pages 13 through 16 of the newly revised Resident Hall Handbook offer a number of tips getting to know your roommate, setting up guidelines for your living situation and what to do if a conflict arises. First, it suggests finding out about each other's backgrounds, interests and general personality traits. Then it is time to get into weightier issues such as your feelings about sharing possessions, drugs and drinking and having friends or significant others in the room.

"I think to get along well with a roommate you have to establish a sense of respect for each other," Bridges said. "Respect each other's things and personal space, and make rules about things like messiness, and everything will be fine."

"Be honest," Aguinis said. "Know where your boundaries are as you don't have to deal with them later."

Talk, listen, interact, learn and breathe. One thing is for sure: your year in the Cal Poly dorms will provide you with a wealth of new experiences, some good, some weird. In the years to come you will be surprised how many times you utter the phrase: "Remember that time in the dorms when..."

So the next time someone sets off the fire alarm at 3 a.m. or the hot water runs out in the shower, remind yourself that you are building memories. Smile and say, "I am learning to organize my life."

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The Escape Route provides maps of different trails around the canyon. Most are available for both foot traffic or bikes, but those that are strictly for foot traffic are marked on the map. Tristan Berland said her husband, Paul Keating, graduated from Cal Poly in 1994 and decided to map out all the trails surrounding campus.

As avid mountain bike riders with the Central Coast Concerned Mountain Bikers (CCMB), the two knew there was a need for a detailed map that described all of the local trails.

"We wanted to educate people and let them know where they can go out and have fun," Berland said. "People are always asking us where good places to ride are because they don't know where to go."

The local trails map they created is available at El Corral Bookstore for $8.95.

Berland described the map as full-color on the front side with a topographic map showing elevations on the flip side. Included on the maps will be key for the different types of trails, as well as symbols for large patches of poison oak and other trail extremes.

"The map has everything on it you'd need for a fun day out," Berland said. "It's a great resource."

The map covers the areas from Cuesta Grade out west to Montana de Oro State Park in Los Osos, which is another location that many students enjoy getting away to for a day's hike or run.

Lori Fancon, a microbiology senior and member of the women's track team, said Montana de Oro is her favorite place to run.

"It's so picturesque with great surfaces, and there's no traffic to worry about," she said.

Fancon suggested that students look at the trail-running map outside the men's locker room in Mott Gym for other good running trails on campus.

"The team also enjoys just running around town," Fancon said. "It's fun to go through downtown, plus the stoplights are nice as resting spots."

San Luis Obispo hosts many trails and places to get away for some exercise and fun, and they're all within a bike ride or a run away.

"It's just not worth coming up to the exercise room to run on a treadmill when there's so much else to do," Haver said.

And other than the natural elements and land laws, outside there are no boundaries.
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**FUN** from page 19

biology sophomore, suggests dancing at the Graduate, a restaurant and bar.

"The Graduate is so much fun on Wednesday and Saturday nights," she said. "They play great music and it's a great way to meet new people. It only costs $6 with a Cal Poly ID." Joe Setzler, education grad

uate student, also suggested dancing. On the second Saturday of each month, the SLO Vets Hall on Grand Avenue has country dancing for $6. "It's like square dancing but it's more fun and very social," he said. "The crowd ranges from college students to grandmas. Everyone is friendly." A more relaxing way to spend the evening was suggested by Nick Patz, engineering science student.

"Go camping on Pismo Beach with a bottle of tequila and close friends," he said.

For students with a little more money to spend, Sean Hall, business administration senior, suggests going to the movies. "I like going to the movies, especially in the summer time when the action films are out," he said. "For less than $20 you can take your favorite lady and have a relaxing time." There are five movie theaters in San Luis Obispo including a drive-in. The Palm Theatre on Palm Street usually has foreign films and shows independently made, non-mainstream movies. The Madonna Plaza theaters show movies for $3 all day, every day. The Downtown Center Cinema gives student discounts with a valid ID and all the theaters have special matinee prices and weekly specials.

For more ideas about things to do in San Luis Obispo try the Chamber of Commerce's web page that has a list of upcoming events at: www.visitslo.com.

**SLO LIFE** from page 19

$10 or less

• Play pool at Big Bear's Billiards for $1 an hour or at Cal Poly's University Union for $1 an hour.

• Coral Climbing Gym has an indoor, massive rock wall for climbing. First-time training costs $10, regular pay $12 for an all-day pass. Open until 8 p.m.

• Stressed out? Get some friends for your special one and head to the Sycamore Mineral Springs out toward Avila Beach. Relax in a tub for $10 per person, per hour.

• Go see a movie! The Palm Theater can't be beat for those non-mainstream flicks, and the Freightmen Theater is the most historic.

• Relax at a coffeehouse. You can read, write, get wired, study or socialize. Lemarra's, on Garden Street downtown, has a great atmosphere.

• $20 or less

• Indulge in some of the best food and restaurants in the county. Like The Rib Line, Big Nip Cafe, Mandarin Gourmet, Mondo Polenta, Too Albertos, The Apple Farm, Hudson's Grill, The Palace, Madonna Inn and Lemarra's.

• Cal Poly's Performing Arts Center. Check out the fall events schedule. Some concerts include country singers Allison Krauss and Union White. Other concerts and events feature Ray Charles, the Rocky Horror Picture Show, "Word 4" Yoshiba & Band, Cab-Broadway show, Manhattan Transfer, the Nutcracker and much more.

• Like golfing? Cliffs Mountain in Arroyo, offers twilight and senior golfing for under $20.

• If you're over 21, hit the downtown bars. From Wednesday to Saturday nights, you can find a variety of music and dancing.

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AID from page 15

student money in advance and the student goes to work if off at their own pace, but within a certain time frame.

Receiving financial aid has many benefits. For students like Erin Haggan, business graduate student, the extra money would allow him to attend college full time without taking any time off to work.

"I'm 20 years old and I make no money as we speak. Receiving financial aid will help me by deferring the cost of going to college," he said.

Hasgan said he applied late for financial aid and is still waiting to hear from Cal Poly.

"What I hear is that there's a lot of money out there, and some of it is free," he said. "If I bet (the scholarship) money available doesn't get used, so students should apply."

Any United States citizen can apply for financial aid as either an undergraduate or a graduate student. Non-citizens can also apply if they meet certain requirements.

"You need to have separate accounts," she said. "Use one account to pull financial aid for things like rent and books only."

"I'm a nutrition junior. She applied for financial aid for the first time and said she already has a budget."

"I took the maximum amount the college gave me. Whatever I don't spend will be saved and used to pay back whatever I owe," Tilley said. "I've always planned on taking out a student loan and it wasn't difficult."

Figuring out how financial aid works can be a tedious task. Cal Poly has a web page with specific information about financial aid. The address is http://www.calpoly.edu/finance. Here are general guidelines for using the financial aid system:

Step 1
Fill out the Free Application for Federal Student Aid (FASFA). It can be picked up in the Financial Aid office in the administration building.

Be sure to list Cal Poly where it asks which school(s) you want the information sent to.

Check for scholarship applications at the Financial Aid office and at your major's department.

Step 2
Send the FASFA to the Federal Processor between Jan. 1 and March 2 by mail or file through your computer by using FASFA EXPRESS at http://www.ed.gov/offices/0FExpress.html.

Your FASFA will be analyzed to determine your specific financial need. The analysis is done by computer using standard federal calculations. Results depend on how much money your family can contribute toward college expenses, based on income.

The analysis will be sent to Cal Poly, which will determine an estimated award. To receive the award, you must be admitted and enrolled at Cal Poly.

File early. Don't wait to find out whether you've been admitted to Cal Poly. You can apply for financial aid even if you haven't been accepted. Some funds are limited and students who miss the deadline won't be considered for those funds.

Step 3
After receiving your financial information, the Federal Processor will mail you back a summary, and you must make the necessary changes if anything is incorrect. If it's correct, you sign it and send it back. If your parents' financial information is on it, they must sign it too.

If your parents claim you as a dependent on their tax forms, their financial information will be required also, regardless of whether or not they are paying for your education.

You may or may not be selected for a process called verification. If you are, you must submit tax forms proving that the financial information you reported was correct.

Step 4
You will receive an award letter stating what financial aid you are eligible for, depending on how much money you and/or your parents have earned in the past year plus other factors like assets and debts.

Your financial aid award could include grants, loans or work-study. If you have also applied for scholarships within your department, you will find out in the award letter which, if any, you have won. You must sign the form and indicate which awards you want to accept. For example, some students are eligible for grants and loans, but choose only to accept the grants.

Step 5
Pick up the financial aid check the first week of classes in Chumash Auditorium in the University Union.

The aid students receive will automatically be used to pay their tuition fees, unless the bill has been paid previously by the student or the student is receiving scholarship money. Any money left over goes to the student directly. Students can wait in line to receive their checks or apply for direct deposit into their bank accounts.

The total amount of money awarded to a student is for one academic year. However, it's distributed in thirds beginning at the start of each quarter. Students must file a FASFA each year to be considered for financial aid.
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From Drinking to Eating
In San Luis Obispo a more healthy-conscious environment than other cities when it comes to eating? On the surface it appears so, just by counting the number of juice bars and sandwich shops.

Alan Cushman, assistant director of campus dining and local chapter president of the California Restaurant Association, said there is definitely a "mental trend toward lighter foods." He said that on campus there is more of a verbal request for lighter meals than an increase in sales of those meals.

Fast-food is popular among Cal Poly students. Juice drinks and sandwiches fall into this category.

"Sandwiches are big," said Cushman. "They always sell and are a favorite anytime."

Camacho said he's noticed that Mexican food is popular with college students, which is why Zebra Taqueria now serves it. Camacho said this town is "not as hip as New York City."

Also characteristic of the student population in San Luis Obispo, and college towns in general, is a lack of funds. Camacho said students do not like to pay a cover charge in San Luis Obispo, even if it's only a few dollars.

"Many of the bars run specials in order to cater to the college community's tight budget."

No drive-thru law was put in 1982, banning all new establishments from building them.

Judy Lautner, assistant planner for San Luis Obispo, said some of the reasoning behind this ordinance included lack of space and avoiding pollution.

In a drive-thru, cars stack up waiting exhaust as drivers wait in line for food, said Lautner. She added that eliminating drive-thru also means less space is required on the premises, making a parking lot only the necessary restaurant extent.

Light up a cigarette in a local restaurant, and you'll not only be glared at, you'll be asked to put it out. All bars and restaurants in the city are completely smoke-free indoors. The smoking ban in public establishments, which is gaining popularity throughout the state and nation, is another city ordinance designed to clean up the city.

The SLO Life
Driving around the city streets, one spots bumper stickers and license-plate frames declaring "I love the SLO Life."

"San Luis Obispo is small, slow and quiet," said Brevelli. "When I first came here I thought it was a bad thing, but now I think it is a good thing."

Brevelli said it took her some time to adjust after living in busy San Francisco, but now she appreciates the advantages of this town. She said there is less traffic here and it is nice to get away from pollution. She also said she likes the no-smoking law in bars and in other public establishments.

Brevelli said the "slower pace" of San Luis Obispo means that people take the time to introduce themselves and talk compared to a larger, more hurried city. "People are really friendly here," Graham said.

Both Brevelli and Graham mentioned the casual style of dress in San Luis Obispo and a resistance in accepting the latest trends both in clothing and music.

"It's not as dressy here," Graham said. "You don't have to look a certain way to get into the clubs." He also commented on how people wear shorts, sandals and T-shirts when they go out.

Brevelli said you don't have to worry about the latest trends in fashion when living in San Luis Obispo. And as for music, she said this town is "not as hip as the City."
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HELP  from page 21

8$, so if you must park illegally, that would be the cheapest way to do it. "Not that you should ever park illegally."

Along the same vein, if you somehow get a sponsored guest permit for parking, don't get too happy. I got one as a benefit for working at a local radio station, but it was a wad in sheep's clothing. The permit sans holders can park in any staff or sponsored guest space. But after using the permit for about a month, the campus cop identified me as a student. Much to my surprise, one day I came back to my car and found a ticket for $135.

Campus police informed me that staff and students are not entitled to sponsored guest permits. For some reason it's against the Cal Poly parking laws. I contested the ticket, blaming my behavior on ignorance, and won.

Now You're Ready to Beat the System

So there you go. You have completed Cal Poly Survival 101. Unlike other classes, this material will come in handy and should be remembered for more than a week.

This is only the beginning. Throughout your years here, you too will learn the policies, pitfalls and triumphs of this school the hard way. When you do, be a good Cal Poly student and pass them on.

JOB  from page 27

interviews to get a general feeling for a person. Aaron Otmason, general manager at Kona Deli, said he is most likely to hire "someone who has goals and has set their life together. I just like to get a feel for what kind of person they are, and what they like to do for fun," he said. Luckily at Woodstock's he usually looks for employees who genuinely need money. "When I interview people I ask them if their parents are paying for their rent or their tuition," he said. "Some people are just looking for beer money. They don't make good employees."

Mc Cormick said Gap likes to ask interviewees about their previous job duties with questions like, "can you tell me about where you used to work?"

Before the interviews, Gamon recommends familiarizing yourself with the business so you have a few questions to ask the interviewer and can give strong reasons for why you want to work there.

After the interviews, you will go home. You might get the job. You might not. If not, keep trying.

If you have a car, there is always the option of seeking jobs in nearby cities such as Pismo Beach or Morro Bay.

On-campus jobs can be convenient for students without transportation. To apply for an on-campus job you may go through Career Services or stop by the specific place where you would like to work.

HELP  from page 21

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This is only the beginning. Throughout your years here, you too will learn the policies, pitfalls and triumphs of this school the hard way. When you do, be a good Cal Poly student and pass them on.

JOB  from page 27

interviews to get a general feeling for a person. Aaron Otmason, general manager at Kona Deli, said he is most likely to hire "someone who has goals and has set their life together. I just like to get a feel for what kind of person they are, and what they like to do for fun," he said. Luckily at Woodstock's he usually looks for employees who genuinely need money. "When I interview people I ask them if their parents are paying for their rent or their tuition," he said. "Some people are just looking for beer money. They don't make good employees."

Mc Cormick said Gap likes to ask interviewees about their previous job duties with questions like, "can you tell me about where you used to work?"

Before the interviews, Gamon recommends familiarizing yourself with the business so you have a few questions to ask the interviewer and can give strong reasons for why you want to work there.

After the interviews, you will go home. You might get the job. You might not. If not, keep trying.

If you have a car, there is always the option of seeking jobs in nearby cities such as Pismo Beach or Morro Bay.

On-campus jobs can be convenient for students without transportation. To apply for an on-campus job you may go through Career Services or stop by the specific place where you would like to work.
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Highlights of the plan include:
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- Economical rates.
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Coverage begins 9/22/97 for the 1997-1998 policy year!

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For further information contact: Karen Light, Student Accident & Health Insurance Plan, 544-5811.

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For an appointment call: Health Services 756-1211 or Psychological Services 756-2311

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“Recycle” does not mean used mountain bike

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- Conserve water whenever you can (long showers just make you all wrinkly)
- Keep junk and old furniture out of your yard (it’ll kill your grass and attract hobo’s)
- Recycle! Recycle! Recycle! (note: “Recycle” is not a used mountain bike)
- Be respectful of your neighbors (it could be your chemistry professor next door!)
- Be resource efficient (that doesn’t mean stop doing your laundry all quarter)

On-campus information 756-5227 Off-campus information 781-7217
Below is just a small sampling from our menu...

**Big Tex**
Grilled steak with our garlic mashed potatoes, palomino beans, BBQ sauce, chayote slaw, roasted corn salsa and cilantro sour cream in a chipotle tortilla. $5.95

**Caesar Roma**
Grilled chicken, crisp romaine lettuce, sundried tomato Caesar dressing, herbs, garlic croutons, roma tomatoes and freshly shredded parmesan cheese wrapped in a tomato tortilla. $5.25

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Seared tuna, jasmine rice, cucumber ginger slaw, Asian vegetables, wasabi sauce, teriyaki sauce, sesame seeds and daikon sprouts wrapped in nori and a spinach tortilla. $5.95

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Grilled homemade meatloaf served with port wine brown gravy, garlic mashed potatoes and crispy onion strings. $5.95

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6 inch Pot

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Lou Whelan...Alberston's, California

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