

2019

ADVENTURE AWAITS

**Quick Food For
Any Adventure**

PG 08



**Making Adventures
Possible**

PG 20

ADVERTISING SUPPLEMENT



EDITOR'S NOTE

Carly Quinn
Special Editions Coordinator

San Luis Obispo was different than any place I had lived before college. The beaches, beautiful hikes and the insanely good weather opened up so many doors to try new things.

My first year was full of excitement and adventure exploring my new home turf. I had new restaurants to try, countless activities and events around campus to discover and so many new people to meet. I was delighted to find that the fun wasn't contained to just San Luis Obispo. The entire county is full of unique experiences if you are willing to take a little drive down the coast.

But the biggest adventure of them all was adjusting to college and adult life. San Luis Obispo played a big part in helping me discover who I am. Whether they were good adventures or bad, all my experiences here led me right to where I am today.

As an almost graduate, I think I'll miss all that San Luis Obispo has to offer. I'll miss watching the sunset at Montaña De Oro. I'll miss the little cave at Pirates Cove. I'll miss the endless palm trees and warm weather all the way through November. Needless to say, I'm happy to leave knowing I went on all the adventures I wanted to.

“I hope this edition inspires you to go on your own adventures!”



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ADVENTURE AWAY WITH CENTRAL COAST KAYAKS

Written by Sakina Nuruddin

Escape on an excursion with Central Coast Kayaks and ride across the peaceful Pismo Beach waters. Family owned and operated since 1993, Central Coast Kayaks (CCK) provides a wide variety of experiences depending on what your type of fun is. Owners Tom Reilly and Eric Tebbets are outdoor & water sport enthusiasts themselves and hope to relay the infectious spirit of adventure that the ocean radiates to their customers.

From kayak tours to paddleboarding, this full service paddle sports store is open from 9 a.m - 12 p.m on Tuesday and Thursday and 9 a.m - 5 p.m Friday - Monday. Since 1993, this store has safely provided thousands of customers an unforgettable experience out in the water.

For those curious about exploring local landmarks such as the Dinosaur caves by Pismo Beach, the Point San

Luis Obispo Lighthouse, or the Wildlife tours in Morro Bay, feel free to venture out with CCK through a kayak tour. Perhaps you are eager to try something new; consider checking out the guided kayak fishing trips. If you're inclined to

A wide variety of experiences depending on what your type of fun is

go solo, fishing kayak rentals are also available. For those less enthusiastic about gliding through bodies of water and instead prefer gliding through land, consider renting an E-bike, or an electric bicycle, through CCK.

CCK is proud to say that they have supported Cal Poly's adaptive paddling program for the last 20 years. In

addition, CCK is involved with Heroes On The Water, or HOW, which helps veterans and first responders paddle and rehabilitate through kayak fishing and the organization Ampsurf, who support veteran and amputee surfing.

The sports store holds the annual Estero Bay Kayak Fishing Challenge which helps them fundraise for HOW. If you're interested in participating or donating you can visit their website at Prokayakfishing.com.

In addition to CCK's tours, rentals, and sales, they also provide custom classes and tours based on what experience you are looking for. Discounts are provided for students for both rentals and tours.

Tom Reilly and Eric Tebbets, owners of CCK, urge you to "get outdoors and experience the natural beauty of the world around you with Central Coast Kayaks."



Learn More Here





CENTRAL COAST KAYAKS

Rentals - Tours - Classes - Sales
E-Bike Rentals - Fishing - Bait & Tackle

www.centralcoastkayaks.com



Cal Poly Students get \$10 off tours, \$5 off rentals

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Nov 15 SUICIDE GIRLS:
BLACKHEART BURLESQUE



Nov 30 JIM BREUER



Nov 16 ROBERT CRAY



DEC 1 ALY & AJ



Nov 17 COLD WAR KIDS



**DEC 4 WARREN MILLER'S
TIMELESS**



Nov 20 BUILT TO SPILL



**DEC 5 HOW THE GRINCH STOLE
CHRISTMAS FINAL TOUR**



Nov 21 TRIBAL SEEDS



**DEC 7 5 POINT FILM
FESTIVAL**



Nov 22 HIPPO CAMPUS



**DEC 22 BONE THUGS
& HARMONY**



Nov 29 THE DEAD SOUTH



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START YOUR ADVENTURE WITH STUDY ABROAD

Written by
Sakina Nuruddin

The study abroad program offers students the unique experience to earn credits towards their degree while exploring countries across the world. Depending on the program the student chooses, students can gain credits towards general education, minor and/or major requirements. Certain programs even offer Cal Poly courses taught by Cal Poly faculty through Cal Poly Global Programs. Possible destinations include, Thailand, Peru, Spain, China and many more.

If a student is worried that study abroad will put them off track for graduation, study abroad advisor Erica Jorgenson explains it won't have any effect if a student is prepared. According to Jorgenson, it's all about planning.

"It's definitely possible to study abroad and graduate on time," Jorgenson said. "Planning ahead is the best way to break down that perceived barrier," Study abroad advisor Nayree Barnett said. Planning for your trip should start 9 - 12 months before a student intends to take off to their country of choice. Students will need to plan out coursework that works for their destination and program.

Housing varies for each program, adding another thing to think about when researching which program is best for that student. In certain cases, Jorgenson and Barnett said that students have reported their cost of living abroad was less than what they pay in San Luis Obispo. Study abroad gives students so much more than

“A worldly experience can create a more well-rounded student and young adult.”

credits. A worldly experience can create a more well-rounded student and young adult.

"Getting perspectives from students from around the world and bringing them back to the classroom here at Cal Poly can give you a different outlook both on academic and personal experiences outside the classroom," Jorgenson said. Skills gained during a student's time abroad can even benefit them when going into the professional world. Discovering new talents and ways of thinking may prove useful when pursuing their career after college.

"You're stepping outside of your everyday routine," Jorgenson said. "Whether it's decision making, leadership, adaption, problem-solving -- I think employers are increasingly looking for these traits. We work with students upon their return to identify those traits and bring them to interviews with employers."

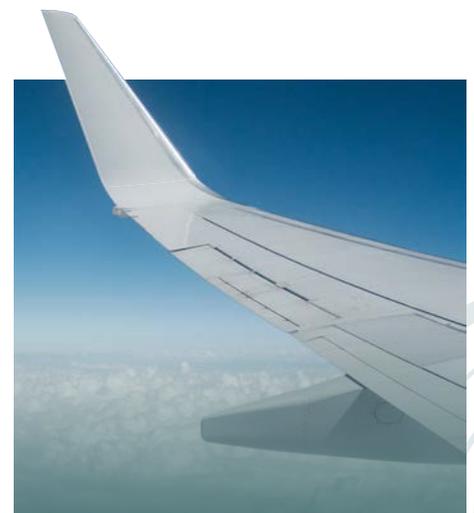
With all the excitement of studying abroad, nerves are completely normal and very common. All the planning, research and paperwork can be a daunting task especially on top of classes at Cal Poly. The best place to start is the Cal Poly International Center, who have advisors to help students every step of the way up to your airplane taking off. Cost is a huge barrier for many students when it comes to studying abroad. The

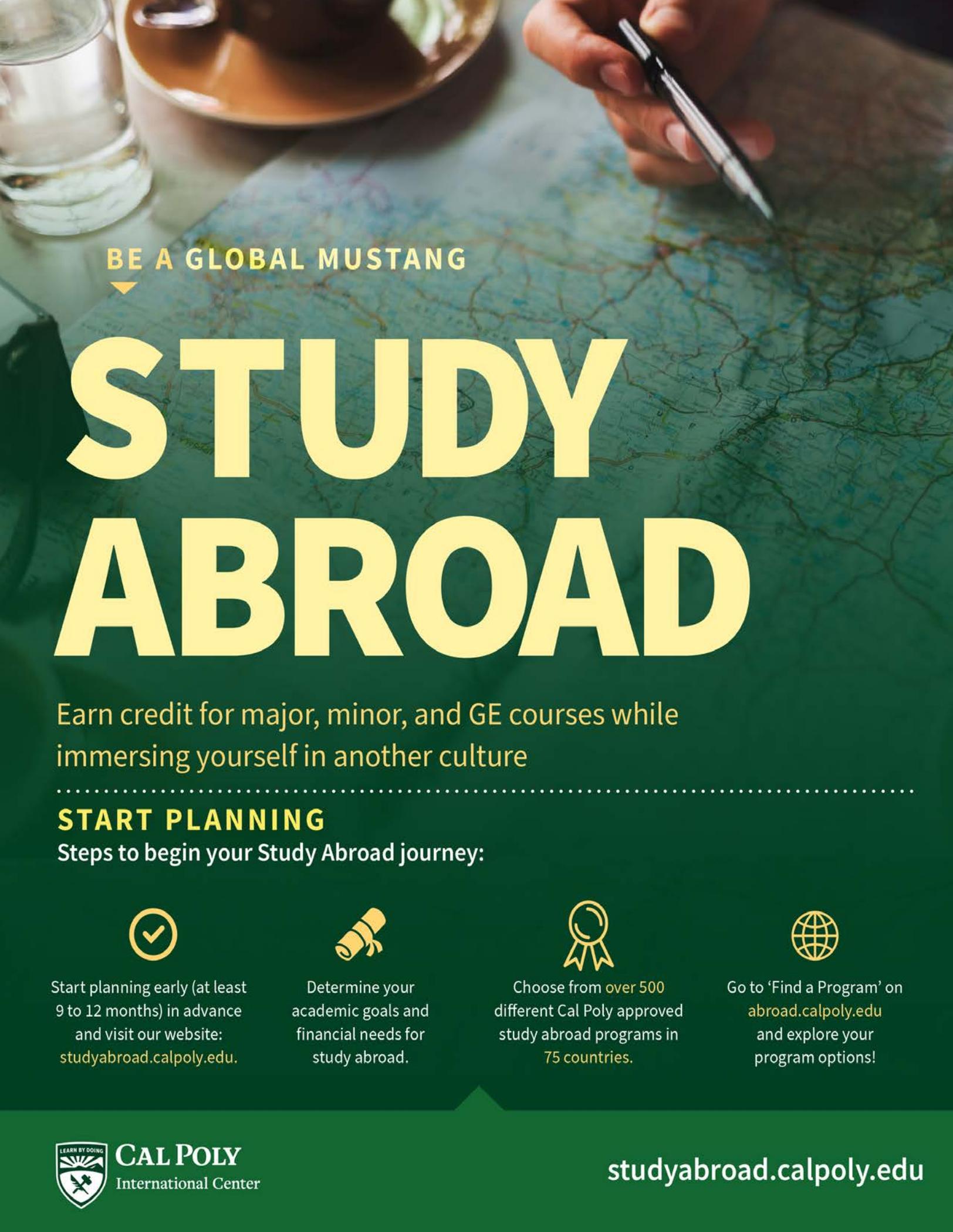
Cal Poly International Center is full of resources to investigate options that can help a student make the dream of studying abroad a reality. Financial aid and scholarship options could potentially save students thousands of dollars and is not a resource to overlook.

"Don't brush interest aside because you think it's not safe or affordable or that you're not going to graduate on time," Jorgenson said. "We know these concerns, and we're happy to address them in the process."

The Cal Poly International Center is open Mon. - Fri. 9 a.m. to 5 p.m. in building Building 52, Rm E-34. To learn more about studying abroad, visit their website at

www.studyabroad.calpoly.edu





BE A GLOBAL MUSTANG

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Earn credit for major, minor, and GE courses while immersing yourself in another culture

START PLANNING

Steps to begin your Study Abroad journey:



Start planning early (at least 9 to 12 months) in advance and visit our website: studyabroad.calpoly.edu.



Determine your academic goals and financial needs for study abroad.



Choose from over 500 different Cal Poly approved study abroad programs in 75 countries.



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CAL POLY
International Center

studyabroad.calpoly.edu

QUICK FOOD FOR ANY ADVENTURE

Sponsored by
Campus Dining

It's 9 a.m., and your stomach won't stop growling—you forgot to eat breakfast again. After a late night of studying, you could barely scramble out of bed, let alone scramble some eggs.

Nutrition might be the last thing on your mind as a busy college student, so we created some healthy hacks to help you eat better on the go with ingredients available at Campus or Village markets.

Breakfast

- » Peanut butter and banana covered bagel
- » Fruit and flaxseed smoothie
- » Oatmeal with nuts and fruit
- » Hardboiled eggs
- » Parfait: layer yogurt, fruit and oats in a cup

No Bake Granola Bars

These bars are the easiest dorm dish you'll make all week and will keep you full during morning classes.

You'll need:

- » 2 cups oats
- » ¾ cups almonds
- » ½ cup nut butter of your choice
- » ¼ cup honey

Directions:

1. Combine oats, almonds and dried cranberries.
2. In a separate bowl, combine the nut butter and honey, then microwave for 30 seconds.
3. Combine the hot nut butter mix with the oat mix.
4. Spoon granola mixture into a flat dish. Press firmly to compact the granola.
5. Place in a freezer for 15-30 minutes, then cut into bars.



Mini Fridge Fodder

- » Veggies like baby carrots, snap peas and cherry tomatoes don't go bad quickly or require prep
- » Hummus or dressings add flavor to your veggies
- » Nut butters for fruit and veggie dip
- » Apples or bananas for on-the-go bites
- » Berries and granola with yogurt
- » Whole grain bread for toast or a quick PB&J



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Campus Dining works every day to fuel your success with 1,000's of delicious, healthful food items available to help power you through your day. For a complete list of venues, menus and hours, visit calpolydining.com.



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Poly Fresh and Sambazon Acai

OUT WITH THE OLD & IN WITH THE NEWS

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A GROWING INDUSTRY IN SAN LUIS OBISPO COUNTY

Written by
Carly Quinn

Since the legalization of recreational marijuana in California, business has been booming. January 15, 2018 brought about a new era of expansion for the cannabis industry.

Dispensaries for recreational use began to pop up all over the state. Medicinal marijuana dispensaries were now able to expand their own business with a whole new customer base. In 2018, the California cannabis industry sold \$2.5 billion worth of cannabis products, according to the industry-focused website cannabusiness.com

California pioneered the modern cannabis policy reform movement in 1996 when voters passed Proposition 215, the Compassionate Care Act. This law made it legal for doctors to recommend cannabis to patients for symptoms such as pain, appetite or problems sleeping. Flash-forward to 2018, California became the sixth state to legalize the recreational use of marijuana. Customers can find cannabis almost anywhere in the state, including right here on the Central Coast.

“Using marijuana does not always mean smoking it anymore

The Natural Healing Center (NHC), currently located in Grover Beach, is the Central Coast's only locally owned and operated cannabis dispensary. They carry a wide range of products, from classic flower to edibles to THC-infused drinks. Go in and check out NHC's products in store or simply order on their website for ready-to-go pick up.

Customers can browse their inventory and make orders at www.nhcdispensaries.com.

Regulation of the weed industry has brought about positive change for those who use cannabis. Due to new laws and regulations passed alongside the legalization act, products must all be tested and certified to be placed on the shelves. To pass testing, no chemicals can be in the product; buyers are getting exactly what they paid for.

What buyers across California and the United States are paying for is the boundless benefits of marijuana. Marijuana is proven to help with anxiety, reduce pain and improve the effects of a multitude of health conditions such as seizures, hepatitis c and Parkinsons' disease. It can even slow down the effects of Alzheimers.

Using marijuana does not always mean smoking it anymore, either. Users can drink, eat, take a pill or vape THC and CBD, the two main compounds in marijuana that produces the desired effects sought after.

On top of the health benefits, NHC offers a number of deals for those interested in buying cannabis. First time customers get 10% off of their first purchase and seniors and veterans get 10% off every time they buy from NHC. NHC consistently has sales on certain products, so make sure to check out their deals page on their website.

If Grover Beach seems a little too far for you, don't worry. NHC has plans to open up shop in San Luis Obispo off of Broad St. as well as Morro Bay just a few blocks from the beach.

NHC is open 7 p.m. to 9 p.m. daily. Whether it's your first time trying marijuana or your first time buying from NHC, they are more than happy to help you find the perfect product for your cannabis needs.



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LOCATIONS

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781 Dolliver St Pismo Beach
805-773-1995

HOURS | 10am-8pm



EXPERIENCE SLO TO THE FULLEST WITH MADONNA INN'S DAILY VENTURES

Written by Sophia Lincoln

Hidden between lush green rolling hills and acre upon acre of pristine meadow is the charming and whimsical Madonna Inn. More than just a lavish stay, Madonna Inn offers its own variety of refreshing activities available not only to hotel guests but to anyone interested. Activities can range from on-site horseback trail rides and hiking to spa treatments, boutique shopping and dining at Madonna Inn's restaurants.

Located right at the foot of Cerro San Luis Obispo (also known as Madonna Mountain), Madonna Inn provides access to thousands of acres of privately owned trails, meadows and mountain peaks. Students and other day visitors are welcome to hike, bike or experience a one hour guided horseback trail ride on Madonna Inn Ranch. The trail rides are offered seven days a week all year,

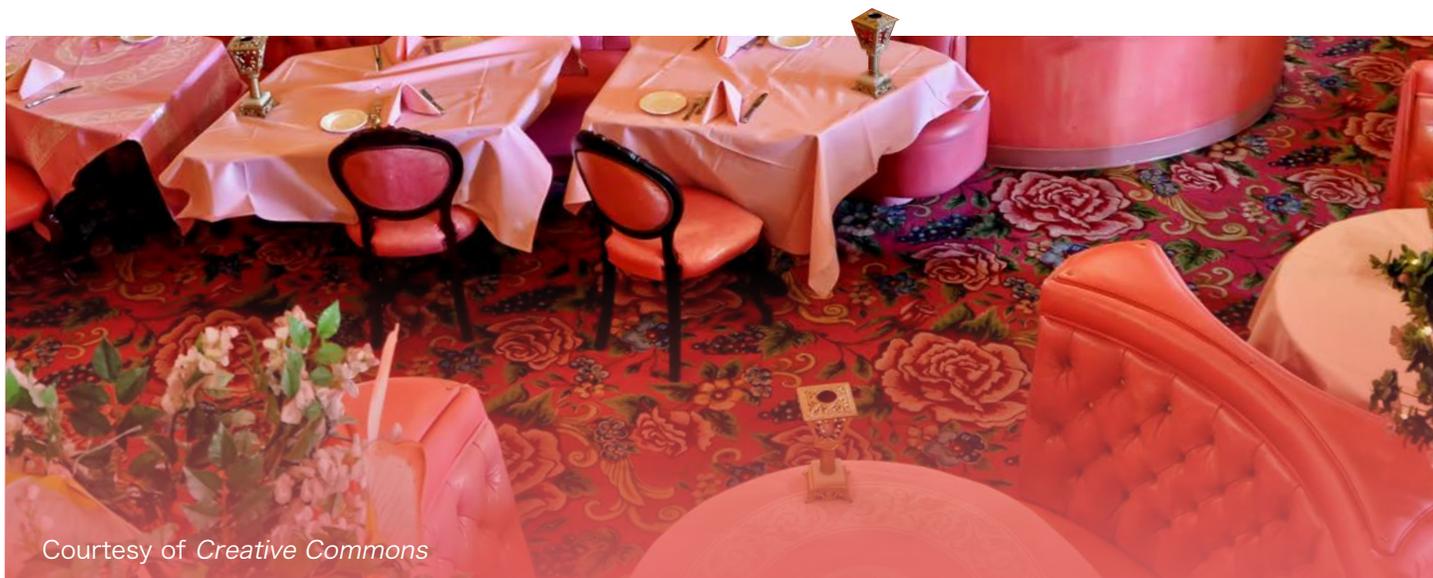
“More than just a lavish stay, Madonna Inn offers its own variety of refreshing activities

if weather permits, and may be booked online at the Madonna Inn website. A typical trail ride will climb to the top of the 1300-foot volcanic peak atop Cerro San Luis Obispo which overlooks all of San Luis Obispo and Laguna Lake. Prior riding experience is not needed for this laid-back ride with Madonna Inn's well-trained horses.

For those wanting to unwind and relax, Madonna Inn's day spa offers an abundance of seasonal treatments available for purchase, including our new CBD autumn chill massage. Spa customers also have access to our heated beach-entry pool, fitness room and Terrace Pool Bar. Guests can check out

the boutique for some cute souvenirs and more! Lastly, tourists and locals alike are encouraged to enjoy a meal at the charming Copper Cafe for breakfast, lunch or dinner (and desert!). Alex Madonna's Gold Rush Steak House, also located on the property, offers a more fine dining experience for visitors.

Students, locals and hotel guests are more than welcome to take advantage of San Luis Obispo's historical Madonna Inn and the activities they offer. Located just off of Madonna Road, the scenic hotel is always awaiting it's latest guests.



Courtesy of Creative Commons

NOURISH-ING MEALS ON-THE-GO

Written by
Sakina Nuruddin

Revel in hearty, well-accommodated meals at Nourish, a local healthy eatery located in downtown San Luis Obispo. Around November of 2017, Nourish opened in San Luis Obispo with the mission of crafting food that met the demands of our busy lives.

With locally sourced produce and Cal Poly's very own eggs, Nourish provides convenient farm-to-table meals. They ensure that they fuel you with nutrient packed and hand selected ingredients so that you can feel confident that you are being mindful about what you are eating. So when it town, anytime from 7 a.m. - 3 p.m. Monday through Friday, grab something nutritious on the go.

“Nourish provides gluten free, dairy free, vegan, and paleo options available daily

Do not worry about compromising your dietary needs as Nourish provides gluten free, dairy free, vegan, and paleo options available daily. In fact, from their assortment of meals, nearly half of them meet vegan, dairy, and gluten dietary needs with foods like their baked goods and chia seed pudding for breakfast and the nourish bowl and farmers market soup offered during lunch. Vegan or meat eaters alike, there is something for everyone from the Jackfruit Tacos Al Pastor to the Turkey

Curry Wrap. Not to mention, new daily specials are available in addition to the standing menu for breakfast and lunch alike. “We hope you enjoy Nourish as much as we do and join this community of health and well-being.”

Cal Poly students, should you find yourself here, Nourish will add a 10% discount off your order.

For a sneak peak of the daily specials, check out [@nourishslo](#) on Instagram.



NOURISH

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1126 Morro St, SLO, CA

www.nourishslo.com

Fresh, local & soul satisfying
for an on-the-go lifestyle.



CALIFORNIA FRESH MARKET

Written by *Sophia Lincoln*

Convenient, healthy and affordable, California Fresh Market is heavily focused on serving students. Whether you need a quick coffee and breakfast sandwich on your way to class or a full meal, dessert and all, for you and your friends, California Fresh Market has you covered.

Located on Foothill Boulevard by SloDoCo Donuts, California Fresh Market isn't your average grocery store. It is set up for the convenience of students. Inside, you will find a full service deli serving breakfast until 11 a.m. and lunch until 10 p.m.; this service is great for quick grab-and-go meals whether you stop by on your

way to class in the morning or come by between (or even after) classes throughout the day.

If you'd still like a quick meal that has already been prepared but don't want anything from the deli, fresh sushi and scratch-made pizza are also available daily. Don't forget to come and try the bakery for some freshly made bread and homemade pies!

California Fresh Market also maintains a coffee and juice bar where students are welcome to come get their daily caffeine fix. There are also weekly specials and discounts which are displayed on our website, along with some

“Whatever you are looking for, chances are you'll find it

home recipes for you to try out when you're not rushing between classes. California Fresh Market is known for having the largest selection of craft beer on the central coast.

Servicing students and locals alike, California Fresh Market has an expansive array of healthy and palatable groceries; whatever you are looking for, chances are you'll find it at California Fresh Market!



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**Hundreds of products
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20% OFF

Any purchase from our
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expires 12/31/2019



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expires 12/31/2019

JOIN US AT BON TEMPS FOR SOME SAN LUIS-IANA CUISINE

Written by Sophia Lincoln

If you're sick of campus food and ready to try something new, Bon Temps Creole Cafe is unlike most restaurants in the area. Situated on Osos Street across from the railroad station, Bon Temps Cafe is known for its southern hospitality and traditional Cajun cuisine.

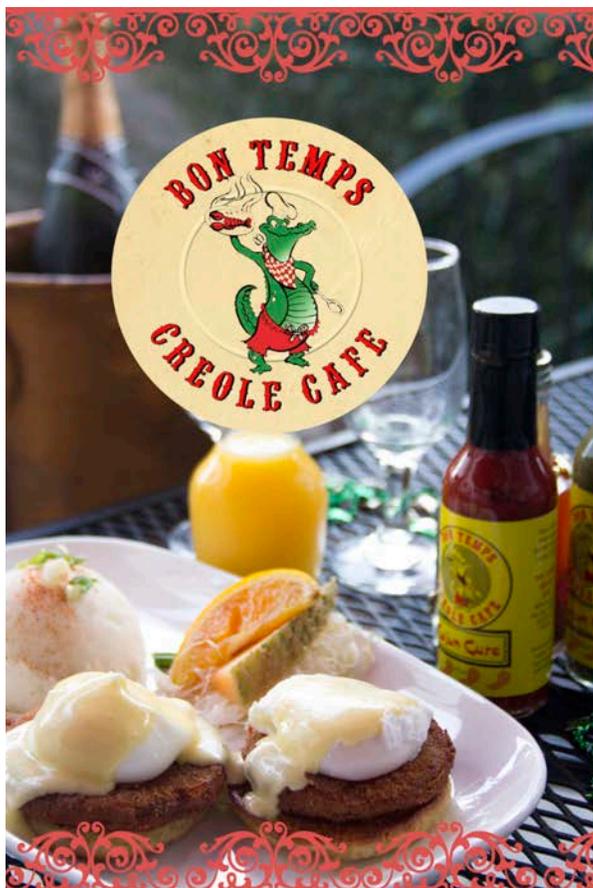
If you're up for the trek, Bon Temps Cafe can make for a replenishing outing with its nourishing meals and heartening atmosphere, full of the warm aromas of southern cooking. If you don't have the time to go out, Bon Temps Creole Cafe is available on Uber Eats, Door Dash and FoodJets for delivery. Come down

on Tuesday mornings and try our Fat Tuesday Omelette or join us at lunch for our ca'tfish po-boy.

Some more of their Louisiana Kitchen Specialties include the Crawfish Etouffee, Shrimp and Andouille Jambalaya and the house specialty Genuine Seafood Gumbo. Bon Temps Creole Cafe is open seven days a week but tends to be much busier on weekends, so those desiring a more spacious environment are encouraged to come enjoy a meal on weekdays. Bon Temps Cafe also offers catering services. Since 1995, Bon Temps Creole Cafe has

The warm aromas of southern cooking

a place of communion, hospitality and of course, delicious cuisine for the San Luis Obispo community. Come experience a meal with us or order in! Whether you're feeling adventurous and ready to try something new or sick in your dorm room craving some Gumbo, Bon Temps Creole Cafe and the delivery platforms on which it is available have you covered.



Best Hangover Food

Voted by Poly Picks 2019

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SAN LUIS OBISPO'S TASTE OF WINE COUNTRY HOSPITALITY

Written by Lyne Hamel from Apple Farm

Go Mustangs! The Apple Farm is so excited to be part of the Cal Poly experience. Generations of Cal Poly parents have stayed and become like family as they enjoy their accommodations and hospitality. They invite you to stay with them where you're surrounded by shade trees, flower gardens, and mountain views. You'll have the convenience of being half a mile from the Cal Poly campus and they also offers a Cal Poly Parent Rate Sundays-Thursdays based on availability.

The Apple Farm will be dressed in their holiday finest beginning in November with trees, garland, ornaments, and

twinkling lights. The annual Diva night on December 3rd brings locals and students in for gifts and free gift wrapping. 25 days of Christmas includes

gifts available at their gift shop all year round. Their bakery is home to their famous Apple Dumpling, pies, cakes, cookies and special savory items.

“Home to their famous Apple Dumpling, pies, cakes, cookies and special savory items.”

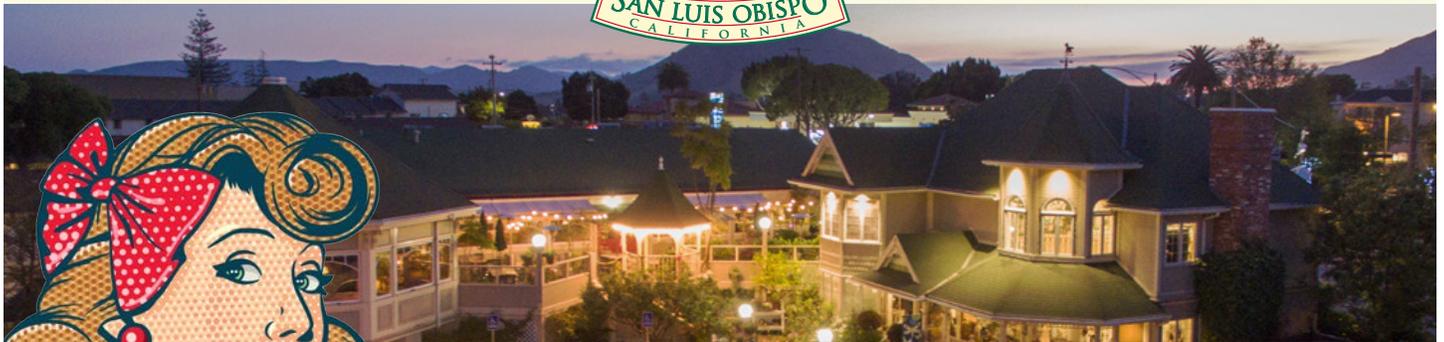
special cookies in the bakery, festive activities, and carolers. Restaurant Month is in January with specials from their own Chef, Steve Smeets. Join them for one of their monthly Winemaker Dinners as they host local wineries for a fabulous dining experience. Seasonal

At Apple Farm, they want you to feel welcomed when you arrive and familiar when you leave...and then there's those cookies. Go Mustangs!

Apple Farm

WINE COUNTRY HOSPITALITY

SAN LUIS OBISPO
CALIFORNIA



Cal Poly College Students receive

20% OFF

their entire meal when dining in the Apple Farm Restaurant.
Simply bring your current student ID with you.

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A PSYCHODYNAMIC APPROACH

Written by Presley Allen

It's cold season. You're sniffing, coughing, and have a throbbing headache. So, you go to your doctor and are prescribed medication to improve your physical well-being. But what if you are feeling down? Would you go to a professional? If not, it may be time to change because taking care of mental health is just as important as caring for physical health. Methods of care, like psychotherapy, may help.

Licensed Clinical Social Worker Dara Sheik's psychodynamic approach to therapy helps individuals draw away from unhealthy patterns they may be stuck in. The practice is dedicated to young adults who are encouraged to better themselves and fulfill their potential. Therapy is a normal approach to improve mental health, and Sheik feels this method should be encouraged, especially during stressful points of life.

“Dedicated to young adults who are encouraged to better themselves and fulfill their potential

The winter season is typically a stressful time for young adults. With people being surrounded by family members and significant others during this season, those who lack this kind of support may begin to feel lonely. Even other factors such as cold, cloudy weather may cause individuals to feel depressed. The cold season may present isolated feelings, but with psychotherapy, there is always support from a professional or group to turn to.

Additionally, Sheik provides support groups specific to advocates of climate change. Acting upon climate change is placed in the hands of younger in-

dividuals. With many in denial of this rising issue, young adults often face guilt, sadness, despair, fear or anger, as the issue is placed upon their shoulders. Sheik's support group provides a safe place for people to express emotions surrounding climate change, reflect upon own behaviors, as well as get involved in activism. This "climate solidarity" group will become active in January of 2020.

With Sheik's method of psychotherapy and support groups, help is always right around the corner.



Individual Therapy for Young Adults
(Aged 18-38)

Dara Sheik LCSW

Psychotherapist (Lic. 84175)

Learn More at www.darasheik.org

Dara is also the founder of **Climate Solidarity**
— launching Winter 2020 in SLO

Explore at www.climatesolidarity.com



MUSTANGS FOR RECOVERY

Recovery:

re·cov·er·y [ra'kav(a)re] noun

1. the return to or restoration of a state of health, wellness, and strength
2. the action or process of regaining possession or control over something stolen or lost

WHO ARE WE?

- A COMMUNITY OF SUPPORT
- RECOVERY-ORIENTED MEETINGS AND SOBER EVENTS
- AN OPPORTUNITY FOR LEADERSHIP AND SERVICE TO THE COMMUNITY
- A RECOVERY-FRIENDLY SPACE

12-STEP MEETING
TUESDAYS 7:00 - 8:00 BLDG. 27 - 11

SOBER HAPPY HOUR 1ST TUESDAY
OF EVERY MONTH 6:00 - 7:00

For more information, please
contact Kirsten Vinther at
kvinther@calpoly.edu
Follow us: @cprecovery

MISSION

MUSTANGS FOR RECOVERY IS
A PROGRAM OF CAMPUS
HEALTH & WELLBEING THAT
PROVIDES A SAFE
ENVIRONMENT & SUPPORT FOR
STUDENTS STRUGGLING WITH
ADDICTION, WORKING TO
MAINTAIN SOBRIETY, OR WHO
HAVE BEEN AFFECTED BY
SUBSTANCE USE

MUSTANGS SUPPORTING MUSTANGS

*Sponsored by Campus Health
and Wellbeing*

Mustangs for Recovery is a program of Campus Health & Wellbeing that uses a peer-to-peer model to provide a safe and supportive environment for students in recovery, who are struggling with addiction to substances, or are allies to students in recovery. We also support students who have been directly or indirectly impacted by the substance abuse of friends or loved ones.

Join us for our open AA Meeting on Tuesday Nights from 6:00-7:00 and like us on Facebook to keep updated on upcoming events. Winter 2020 will include new open recovery meetings, daily reflection meetings, an on campus NA meeting and multiple fun, sober events including our monthly Healthy

Happy Hour taking place on the first Tuesday of the month from 6:00-7:00. All students may attend sober events and meetings are open format unless otherwise noted.

Our goal is to help connect a community of students in recovery across campus and to offer support and resources to all students. There are opportunities to get involved with a growing number of students who are in recovery to help guide the Mustangs for Recovery events and meetings.

We recognize that recovery is possible and that connecting to a supportive community on campus is vital for the health of the entire campus. We offer

“Our goal is to help connect a community of students in recovery

connections and resources for support through meetings, activities, and the opportunity to be involved in the leadership of M4R. Contact Kirsten Vinther at 805.756.6619 or kvinther@calpoly.edu for more information, to schedule an appointment, or to get connected to peer support.

MAKING ADVENTURES POSSIBLE

Written by
Carly Quinn

Adventure awaits! But not if you're sick. Cal Poly's Campus Health & Wellbeing offers a multitude of services that can make sure you're ready for any adventure you choose.

The Central Coast is full of things to go out and experience. Whether it be Pismo Beach, Oceano Dunes or a hike up Bishops, there are endless possibilities to get up and go outside.

Being around greenery has been demonstrated to improve mental health. Spending 20 minutes taking a walk up to the Architecture Graveyard can have a positive effect on your mood and overall wellbeing. Physical activity is important for physical and mental health and it doesn't have to be in a gym when San Luis Obispo is full of outdoor adventures. Staying healthy is what makes these endeavors possible. Eating healthy, getting enough sleep and staying active goes a long way.

There are times when maintaining these activities proves harder than normal. When that Poly plague hits, you can see a licensed medical provider at the Health Center (Bldg 27).

In addition, Campus Health & Wellbeing offers unique counseling services to help maintain mental health just as much as physical health. Yoga therapy or group mindfulness support groups are open to all students who might want to seek something a little different than typical counseling methods. Taking a walk during a one-on-one counseling session is also available. Students can ask their provider if a walking session would work for them.



“Staying healthy is what makes these endeavors possible.”

Inside the residence halls, Campus Health & Wellbeing's Counseling Services has begun to offer an informal, confidential, walk-in consultation service called Let's Talk on Fridays from 10:15 a.m. - 12 p.m. and 2:15 p.m. - 4:00 pm at YTT 172H-130. Students can see what it's like to talk to a Counselor, get help-problem-solving or talk through concerns about a friend, roommate or partner. Meetings are held on a first come, first served basis.

Another event Campus Health & Wellbeing is involved with is Buck the Stigma. Partnered with Associated Students, Inc. (ASI), Buck the Stigma is a week of mental health awareness events across campus. This event aims to dismantle the stigma surrounding mental health and includes events, activities, speakers, and an awareness gallery. This event goes from Nov. 18 at 10:30 a.m. until Nov. 22 at 12:30 p.m.

As winter approaches, the Health Center wants to remind students to make sure

they are up to date on their shots. Flu season can be rough, especially in the dorms and small classrooms five days a week. The Cal Poly Pharmacy offers medicine much cheaper than other stores in San Luis Obispo. Not only do they have prescription medication but they carry useful products like ibuprofen, cough medicine or cough drops. The prices are perfect for a student budget and a short walk from whatever classroom you're in.

A great resource for mental and physical health, Campus Health & Wellbeing is here to help you make those adventures possible.

Students can find Campus Health & Wellbeing's services in the Health Center, Building 27. Open five days a week, they are open from 8 a.m. until 4:30 p.m. On Wednesdays, the hours are 9 a.m. to 4:30 p.m. Students can also visit their website at

chw.calpoly.edu

STEPS TO THE HEALTH CENTER

Wherever you are on campus, we are only a few steps away
1 mile=2,000 to 2,500 walking steps



CLASSES AROUND THE CORNER

Written by
Presley Allen

About 10 minutes from Cal Poly down Cabrillo Highway, opportunity awaits. Whether students need major, general education, or simply fun classes, Cuesta College has much to offer. Having hundreds of classes that satisfy major and general education requirements online or on campus, Cuesta's programs offer a multitude of options for Cal Poly students.

Cuesta College was founded in 1964 and opened its doors to students. Although Cuesta had humble beginnings, by 1965 about 1900 students were enrolled. The first campus to be built was the San Luis Obispo location, while the second location in Paso Robles was built in 1998. Later, the Arroyo Grande location was built in 2016. Within the past 40 years, the San Luis Obispo location has been added a library, observatory, student center, art and music lab building, art gallery, high tech learning center, children's center, and performing arts center.

Cuesta offers numerous options for affordable and convenient classes. Being only a few miles away from Cal Poly's

“Numerous options for affordable and convenient classes.”

campus and \$46 per unit, Cuesta can fit the needs of students of varying income levels. Even if students may not be able to afford living expenses in San Luis Obispo, Cuesta has classes available for registration on campuses in Arroyo Grande and Paso Robles. Classes can be found with the “class finder” link that helps to find classes that will satisfy major or general education requirements with ease. From business to meteorology, Cuesta offers an array of classes in a multitude of departments.

“[Cuesta] has a very friendly environment with professors who love to help their students. Counseling is amazing with keeping you on track and leading you towards your goals,” says first-year student Cameron Roeme.

Students who attend Cuesta typically are aiming towards transferring to Cal Poly. Thus, the credits taken at Cuesta are applicable to Cal Poly's require-

ments and may be taken online or on campus. The school is currently on the semester system and offers online or on-campus classes in the fall, winter, spring, and summer.

Although students have units they are required to fulfill, Cuesta provides classes for miscellaneous hobbies. One of which is KINA 235, a class that introduces fundamental skills necessary for hiking around San Luis Obispo county. Other classes offered at Cuesta are music appreciation of rock, culinary, as well as yoga classes.

Registration for spring 2020 classes begins on November 25th. Students who are interested may register online by creating an “OpenCCC” account and sign up for desired classes.

cuesta.edu/admissionsaid/apply/





BUILD YOUR FUTURE **FASTER**

Cuesta College has hundreds of transferable classes that meet Cal Poly general education and major requirements. Take classes online or at our SLO campus less than 10 minutes from Cal Poly.

Spring semester begins January 21, 2020.
Call us at (805) 546-3952 to get started.

REACH YOUR GOAL QUICKER AT
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