Hamburgers—
To have and to hold

by CRAIG HINES

What favorite meal hits the tongue of nearly every person, regardless of age, shape, belief, and/or nationality? What concoction is a meal in itself, with bread, vegetables, and meat? What is this creation that it is so popular that some establishments call it a "Poly Burger?" Friends, we speak now of the Hamburger.

American in every way, the hamburger slides down the throats of almost every person more often than pizza, fried chicken, or egg foo yung. And of course the student of today leads the way in making the hamburger the most popular foodstuff around.

How do you eat a hamburger? Where do you eat a hamburger? What do you pay for that burger? Well, up to now, it has been a little guess work here and some ciphering' there, and eating the first hamburger you see. That officially changes today, as the first OUTPOST "Hamburgers To Have And To Hold" judging is announced. For the "fried sandwich" story, see page two.

Also in this issue:
Grow your own in a bottle—
Terrariums you can build

Almost persuaded—
Wegis and the Bengals
Hamburgerdom—
These Burgers Rate

It was just last week that four OUTPOST judges set out on a staggeringly delightful and unique sampling of some of the local entries to the Hamburger Hall of Fame. These four students, all avid burger eaters (who may never touch another one), visited eight of the more than 50 places that sell the All-American sandwich. Steve Gale, Woody Go尉lett, Bob McIntee, and Rick Williams, through their individual analyses rated two categories of hamburgers. Their story follows.

Without a doubt, the Cigar Factory's "Factory Burger" topped the "Above-A-Buck-Burgers" category with a whopping 96 per cent rating. The judges all agreed that this burger plate is the best in San Luis Obispo, not to mention the very best in the business, too.

In the "Under-A-Buck-Burgers" group, Scrubby leads the field with a total of 90 points, including 100 points from Judge Rick Williams, further quoted as saying, "The burger's taste is that of the traditional All-American burger, with the addition of the fresh vegetable salad, which was served by only the most basic sauces." He summed up the general consensus this way, "You almost feel like Elliot Ness when you step inside the place. The place is well lit, the music is good, and the food served is top-notch. A great burger they say, but the Factory Burger has to wrestle with some tough competition."

The first judging trip was the new Breakers Restaurant in San Luis Obispo, overlooking the city. A fine place, the Breakers calls their burger a "Chuck Steak sandwich," which in no way changes the fact that Head Chef Delphi bakes a bountiful hamburger, the judges found themselves growing a great meal at a place that also prepares excellent steaks and seafood. McIntee put it best, "Really great hamburger, with lots of meat, good bun, plus an excellent pickle and onion rings." On the other hand, it was Gale who commented, "The burger is slightly dry on the side, but not enough to forgo it." All four agreed that for class, the Breakers rates high.

The other two establishments tested in this OUTPOST Above-A-Buck survey were the Ark-Two and the old stand-bye, Little Chef. Ark-Two rated highest on its "Ark" burger, which is almost too big for one person to eat and continue to live comfortably. This particular burger was chosen over a list of super specialty burgers like a fancy Teriaki Burger, Pizza Burger, Chili Burger, and so on. The judges all found the Ark to be tasty, but it dropped badly, and definitely had to cut in half to be digested. Burger Judge Go尉lett said of this big one, "The Ark is a delicious meal with a great salad. The house dressing is being well," though."

The Little Chef's Western Burgers would normally be on the day-to-day diet of most students, but the under-buck burgers are affordable and prove to be economically sound in this day of freezes, devaluations, and student loans. The one burger that has weathered wars, depressions, recessions, riots, and floods is alive and well.

While it was impossible to test every burger in San Luis Obispo, OUTPOST judges enjoyed the ones they did try. From left, Steve Gale, Woody Go尉lett, Rick Williams, writer Craig Nolan, and with only his hair showing, Bob McIntee, eating at the Cigar Factory.
Hamburgers on parade before your eyes

A winner all the way, the CIGAR FACTORY's "Factory Burger" plate is all assembled. The huge mound of beef is topped with Swiss cheese and served with assorted garnishes.

Just an old fashioned burger, coming down since 1933, SCRUBBY & LLOYD's burger proved to be the best in its class at a price of only 75 cents.

About as plain as you can get, the HOWARD JOHNSON entry into the burger balloting found itself outweighed in price, taste, but not in surroundings.

The BREAKERS scored high with their "Ground Chuck Sandwich" which comes with fries, onion rings, ketchup sauce, and a tangy spicy pickle, and a price of $1.36.

Long, juicy and delicious, the "ARK" served at the ARK TWO COFFEE SHOP might prove to be too much to eat, but the bun is good, the meat great, and the price high.

Individual opinion based on personal taste seems to be the best way to describe the looks that the OUTPOST judges had on their faces as they sampled a burger. Steve Gale, Rick Williams, Woody Goelart and Bob McEnroe, as judges, varied greatly in their opinions.

EL CORRAL

IN THE COLLEGE UNION
Strange things are found in bottles these days—ships, pickled pig feet, aborted fetuses, rubbing alcohol and gardenia. Gardens? Oh, you've seen them around. Aunt Elaine's kind of weird little ferns growing in a cider bottle on top of the piano and somebody's roommate has one of those furry little salad jobs she won't let anybody near because she's "cultivating something very special."

With all due respect to Aunt Elaine and the roommate, bottle gardens, more commonly known as terrariums (terrA-ri-aum), have recently become one of the most sought-after items to give. The Apartment that furnished-just-right look. They're sprouting up everywhere, even in the business offices. A recent booklet reports that "Gardens Under Glass," a book giving the lowdown on terrariums is sold out as fast as new issues come in.

People are intrigued with the idea... a whole garden growing right inside that little bottle! Like they wonder about ships in bottles, people want to know... "How do they get all those plants through that little opening?"

In the case of the ship, it's a question of which came first: The bottle or the ship? In the case of the terrarium there's no question about it at all. The bottle has to come first, and that's where we begin.

To make a bottle garden, you need a bottle. Any old bottle will do. Well, almost any old bottle, provided it's got an opening reasonably large enough to squeeze your plants through and is not so heavily tinted that it blocks important light rays. Glass is preferred over plastic containers, but both will work.

Once you have selected a container it must be cleaned and allowed to dry totally. Woe be unto him who tries to put his soil in the bottle before it is dry. He ends up with mud-gobbled bottle—which doesn't add to the garden's aesthetic effect no matter how natural he wants to get.

A few simple tools are needed by every amateur bottle-gardener. These include a funnel, a bamboo stick with spoon attached to it (ask yourself where you can use this later), the container, the proper soil, some gravel, and a few plants.

When the container is clean and dry use the funnel to pour in the gravel and distribute it evenly on the bottom of the bottle. A one-inch layer of gravel for every twelve inches of height in the container is sufficient. The gravel can be any kind as long as it is relatively clean. (The loose gravel found on some campus parking lots makes a good substitute.)

Use the funnel again to pour the soil into the container. Only a minimal amount of soil is needed for good plant growth. In a very small high bottle a one to one-and-a-half inch layer is fine. What kind of soil to use? A terrarium expert in his own right, Tom Eltsroth of the Ornamental Horticulture Department, recommends using a pre-washed potting soil from a nursery. If you just scoop up any old soil from around the house you run the risk of having all kinds of pesky plants you never counted on show up later in your garden. Eltsroth suggested two common brand names of soil to use: Black Magic and Super Soil.

The soil should be damp at the time of planting to avoid the chance of over-watering the garden later. After you funnel the soil into the bottle, use the bamboo stick with the spoon attached to dig the needed holes to plant seeds in a terrarium.

To get the plants growing in the desired position fill the bottle up as you drop them in so they fall in place. If you miss on the first try, the trusty old bamboo tool can be used to maneuver the plant into place the first try, the trusty old bamboo tool can be used to maneuver the plant into place. Almost any young plant or green foliage type plants are the most naturally slow-growing plants are best. Flowering plants are a risky choice because of their sensitivity to humidity. A well-balanced terrarium often contains a variety of directional plants. Some plants grow horizontally, some vertically, and still others, such as strawberry geranium and baby's tears cover the ground. Some wood plants to remember are dwarf pine, aluminum plants, pleurocarparia (don't try to pronounce it), plectranthus, snake plant, dracaena, dwarf ivy, and most ferns. Because of the ideal climate in a terrarium most plants thrive and even cuttings have been known to be used.

In a one-gallon container five or six plants is plenty. This gives you the chance to watch your plants grow. When planting you needn't treat the plants especially gently. Eltsroth said, "Knock the soil off the roots, and if necessary prune the root. Placing the root is not necessary. Just put the plants in the bottle and may be the only way you can get them through the opening of your container. Up to half the root system can be pruned safely."

To get the plants growing in the desired position fill the bottle up as you drop them in so they fall in place. If you miss on the first try, the trusty old bamboo tool can be used to maneuver the plant into place as well as to pack the earth around it.

When the terrarium is planted well and watered, you only add that once a year. One to one-and-a-half ounces of water is needed for every gallon the container holds. The best way to add the water is with a spray bottle that will distribute it evenly. Moisture in the terrarium is regulated by capping or un-capping the bottle. Unless there is much humidity in the terrarium it should be capped to retain its moisture balance. According to Eltsroth, "Over watering it by far the most common cause of failure."

Place your bottle garden in a bright, not direct light. The optimum light needs a problem for students living in dorm rooms or apartment. Too much heat will cause too much humidity. At the other extreme, the artificial light a desk lamp provides is not sufficient for proper plant growth.

Eventually the plants in the bottle need pruning. How do you get to them? The good old bamboo stick comes to the rescue again, but this time it has a raw-blade attached to it instead of a spoon.

Terrariums are growing in popularity. They are inexpensive, easy to put together, and easy to care for. Besides all that, they make excellent gifts to give either to someone who has everything or to yourself.
Ten Long Weeks In Cincinnati

by ERIC NOLAND

It was summer, and readable news in the sports section of your paper had reached a low point.

Baseball had been going on since about February 10, and it was getting a bit old. But a new sport was finding its way into the headlines and you found yourself already looking forward to the excitement the grand old port of football would soon bring.

The professionals were at their respective training camps and you read all the short articles, apparently the only football news available this early: Bob Grim is holding out, Alvin Raymond is in Venezuela...

Then your eyes caught a little paragraph set off from the news of the "big name" players: It read: Pro Football Notes. Cincinnati Bengals—Rick Wegls, defensive back, Cal Poly (SLO), cut.

It seemed so small and insignificant you almost immediately passed over it and continued on to the transactions of the next team listed. But for a moment your mind wandered.

You saw a little kid growing up, always wanting to play football and turning his nose up at the other sports. He was a dedicated comeback attempt: curtains for Hollywood could really do a job on it, including a dedicated comeback attempt: curtains for every wide receiver in the league, the Super Bowl, stardom, and All McGraw at the tunnel...

Good Story? Yes...

Then the tragedy set in. The team that picked him had already two consistent safeties in their defense and was working on a trade to get a back-up. The trade went through and the word was, "sorry Rick. You're a fine football player but I don't think we'll be able to use you."

You're a fine football player but I don't do well. No excuses made, it was a trade to get a back-up. The trade went through and the word was, "sorry Rick."

But Rick Wegls seems to have a very calm and self-assured manner of viewing things. It is, in fact, confidence. He will do the best he can do and if he makes it, great, if he doesn't there are other things in life to worry about.

People reminded him the Bengals had also selected a safety from another school who had been heralded as the best college football player in the nation by a major sports magazine. Rick shrugged and said, "I'm not really worried about it."

He was aware that Tommy Casanova already had a Bengal jersey personalized for him and was practically on the list of returning veterans at Cincinnati, but what could a guy from Cal Poly do but break some heads and hope he gets on the playing field?

With all the professional football players putting out their own books these days, it is hard for even the least-than-avant fan to be ignorant of a rookie's status in a summer training camp. The tales of veterans refusing to help (or even acknowledge) the college kids have found their way into every story since Jerry Kramer wrote of summer life in Green Bay. You picture the hulking bad from Bucknell climbing onto the table in the dinging hall to sing his school's alma-mater, upon request. Of course, no one will speak to him on the playing field, after all, "he's after my Job."

But in this case it is the Cincinnati Bengals who fail to come through in the proper role of apologists. Their ages are a coach, Paul Brown, takes a dim view of hazing, and the rookies get pretty good treatment.

The picture of the exuberant draftees... who leaps out of his chair, kisses his wife, calls his dad, breaks a lamp, ooals his best friend... But this one is different.

He is "pleased but not surprised."

And the infamous scrimmages and drills they were not present either. "Cincinnati felt they peaked early last year," Rick explains as he relaxed in his San Luis Obispo home, "they wanted to take it easy this summer, so we walked through most of the workouts. We had only one scrimmage all summer, while most teams were having one every three days."

But there is one thing all NFL teams have in the summer, and that is exhibition games. Most coaches, however, differ in their ways of viewing them. For some (like Allen of the Washington Redskins), each game is a divisional playoff, and the first string stays in until the victory is secured in the bag. For many others (Paul Brown included) they are a test ground for a team's newcomers. The 13th round draft choices from Cal Poly get in about 15 minutes of playing time against the teams of Green Bay, Miami, Philadelphia and Cleveland.

(Continued on page 8)
Imagine the feeling. In a packed stadium that could sit a capacity Mustang crowd in the temporary end zone bleachers, the rookie from a college that is unheard of east of the San Joaquin River heads out onto the field in the fourth quarter to cover the deep middle, while a guy named Paul Warfield splits left on the other side of the scrimmage line.

The tales of veterans refusing to help... the college kids have found their way into every story since Jerry Kramer. Of course, no one speaks to them on the playing field. After all, "he's after my job."

"I was numb," he admitted. "I thought I'd get nervous but I didn't. The crowd didn't know who I was so I really didn't have anything to be nervous about."

It is understood the game was nearing an end and most of the pass patterns were being run to the outside, but didn't it give him a few butterflies to know that all Warfield had to do was cut toward the middle and he could have been all his? With a clean jersey in at free safety, it would seem to be a logical move for the Miami quarterback.

"As we walked outside from the locker room, there were all these people standing around. Here came these guys wearing nice clothes, who the people recognized as football players, and they just stood there and looked at us like we were something special. We were just as average as any of them."

"People do that with actors too. But actors are just people, and are a little like ballplayers when they're identified that way."

"They people I met were just as average as you and me. There were dumb players and there were smart players. Some were very unique like Mike Reid, who is a concert pianist and Virgil Carter, who has a Ph.D. in math. People are so quick to stereotype football players, but you can't do that. They're all different."

"I wanted a chance to show what I could do," he explained. "If the play went to the man I wasn't covering, at least the coaches would have something to judge me by. Even if I made a mistake it would have been better than nothing at all."

As for the all-pro he shared the field with, Rick is quick to push aside some of the build-up today's star athletes are given by the public.

"My job, he said, "but after a while I just didn't fight it.""

He ran into a similar situation on the practice field as young kids were constantly seeking autographs from the team members. "I used to tell them I didn't think they wanted my autograph," he said, "but after a while I just didn't fight it." How many autographs did he sign?

Contemplative, Rick Wages now plays a waiting game waiting until a team has troubles, a trade is made, or even an injury to another player. Then his weeks with the Bengals will deliver full payment.

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Pro Rookie Out But Still Up:"

The education in Cincinnati included a look at the lives of men who had nothing more to live for than the game of football.
Wegis Ponders

It football had been the lifeblood of Rick Wegln, it may have been rough. But he was not about to put it all in one basket. He still has a degree in business administration to pick up, and a ranch to run with his dad when he gets done. He admitted he did not want to get behind on the learning for that.

He was not about to put it all in one basket. He still has a degree in business administration to pick up, and a ranch to run with his dad when he gets done. As for football, he says he will give it one more try next year. One disadvantage of being cut late was that other teams were not likely to pick him up, being wrapped up in their own roster problems.

Now he must sit and wait, watching to see which pro teams run into defensive secondary problems this year. Maybe somebody will get traded for in on the defensive secondary problems this year.

Maybe somebody will get traded for in on the defensive secondary problems this year. Or maybe somebody will get injured seriously and be forced into retirement prematurely.

Or maybe there is a team that would like to look at some new young talent and be willing to send a 30-year-old fringe player back to the Arcos station to do it.

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Love thy burger... til death

Of the Mustang Burger, Williams found it to be, "well-constructed, nicely proportioned with just the right amount of onion, but lacking somewhat in the area of dressing and relish." The others concurred.

Ed's Animal surprised the four samplers with "a delicious barbecue taste," according to Woody Goulart. All of them agreed that it is somewhat messy to eat. Williams suggests that you wear old shirt when you plan on partaking, and Goulart ( persecuted "it is too runny to be dignified about eating, but then again, who can be dignified while eating an 'animal burger'?"

Dairy Queen and Howard Johnson's crossed the finish line pretty close, with the DQ burger getting 71.75 percent and Howard Johnson's grabbing a nice round 70 percent. McEntee summed up the Dairy Queen burger this way: "It is not a bad burger." Pretty general for you? Gale took time to criticize. "Don't grab on very hard— you'll lose everything... everything but the meat. It is well proportioned." Goulart thought the sauce to be pleasant, but "There is enough of it to make the two patties, tomato, etc., slide out of the bun."

Howard Johnson's serves a plain burger with a price tag of 66 cents. It doesn't look bad. It doesn't taste bad. It doesn't fall apart. It doesn't drop. It Just a burger. The OUTPOST panel felt that at Howard Johnson's you are paying for a nice place, a friendly waitress, and the availability of alcohol, which is fine if your last name happens to be Rockefeller or Getty or even Jagger.

For the student scrounging his way through the mighty University, you can find a better buy if you look.

While Gale, Goulart, McEntee and Williams did not by any stretch of the imagination eat every burger in San Luis Obispo, they hit some of the top sports. The OUTPOST four may never touch another hamburger after eating so many, but they've challenged you to try some for yourself and see if you don't agree with their judgments.

Williams suggests that you try Bill's Donuts (After midnight only, though!), where they prepare one monster of a burger. McEntee agreed, and suggested that OUTPOST readers try Bill's themselves because he doesn't want to— he's had enough!

Steve Gale and Woody Goulart look forward seeing you at the Cigar Factory where they've taken up residence.

As an added treat, you might even sample an alternative-burger made with avocado slices at Foods for the Family, formerly Mama, a health and natural foods store.

But, whatever you do, wherever you go, love, honor and cherish, til death you part, your Hamburger, to have and to hold.

Photos by
John Gordon