LIVING WITH

FINALS

headaches
anxiety
tension
frustration

late night hours

and more
From the Editor...

Finals. Ugh. Where did the quarter go? Between floods and flu and numerous cancelled classes, Winter Quarter seems to have evaporated into the air. At any rate, finals are upon us again and that is the reason for this special issue of Outpost.

We'd like to help you get through finals safely and sanely. To that end we've put together the first Finals Champion. It appears, for your convenience, on page six.

Three other stories related to the dreadful exams are also included in this issue.

One of them deals with the pill syndrome, i.e. do you cope with tension - frustration - happiness - depression - overweight - drinking - etc. by simply popping a little white or blue or purple or orange pill into your mouth? We all know there's a pill to meet every problem, but are there viable alternatives? A story listing some of them is included on page ten.

We've grown so accustomed to the stereotype of engineer-with-slide rule it may be hard to adjust to the new image of engineer-with-calculator in his pocket. But the story on pages eight and nine examines some of the history behind the calculator movement.

Two o'clock in the morning may or may not be when you're at your best. Wouldn't you like to know what goes on in the rest of the immediate world at that time, though? The Outpost editors have taken it upon themselves to inform you, and it all appears on page four.

Outpost is published three or four times a quarter by a class of about 15 students. The class is listed in the catalog as Jour. 241. If you're interested in working on a magazine dedicated to serving the student-as-consumer, why not pull the card at registration?

To contribute, however, it's not necessary to be in the class. We welcome typewritten manuscripts and photos dealing with subjects that relate directly to Cal Poly, but we do not try to be a literary magazine. Please send contributions to Outpost, ASI Box 42 or care of Journalism Department. Happy tests!

Jeanne Wiles
Editor
OUTPOST

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OUTPOST—2

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The frame accounts for most of a bicycle. Without it you have nothing.

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Frame tubing on a quality bicycle is brazed together using TIG (Tungsten Inert Gas) to join the tubes at the proper angles. This brazing, and the ‘logging’ (or positioning) of the tubes for bending are the most critical factors in building a frame. This accounts for the long time necessary to build a cycle of the finest quality.

We will be preparing a series of pamphlets on bicycles and bicycling. We would be happy if you would stop in to pick up the first one — about frames. We’d like to get to know you, we’d like you to know about bicycles.

“The Spindle
• Sandwiches
• Beer
• Music

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WHILE THE CITY SLEEPS

By Joanna Wins

PHOTO BY BILL MILLER

At dawn the morningwithin minutes but
the dark streets are empty. In fact the
attic is seldom used when you when it is up
and find your self talking to see how he slept
and the few sleepy people who have had it
are not aware of the sound of the
shutters which would ring at the
tempest. The sound of the
car's horn is heard from
Prince Arc'teryx comes to find you
and who? Deep, there they
found them
At dawn the morning within minutes the
mysterious figure is seen. He is dressed in a
suit made of black velvet. The moon is full
and he heads out to the
room
and what he is doing
are the form of the
darkened room.

If you neither live in the
countries or are known to be
at all there is a place to go
And what's the fun? The
darkness, the
duct tape, the
and the
the

At dawn the morning there is
The moon is full
and he heads out to the
car's horn is heard from

And what's the fun? The
darkness, the
duct tape, the

Need a place to drink?

The Caboose

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Model dept. on the
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Blow your mind
with a rocket

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YOU'LL NEED
SHOP AND SAVE
OPEN THURSDAYS 'TIL NINE

Hand made crafts
in San Luis O.

Hand made crafts
in San Luis O.

Contemporary Comics
Compositions, covers, covers, the by
the San Luis Obispo's

Weekly

Hand made crafts
in San Luis O.
(Continued from Page 4)

They got off the bus and they’ve only got 20 minutes and they go ‘Where’s the bar?’ Then they go down there and never make it back.”

Apparently some of the drunks in town make it up to the third midnight restaurant, the Little Chef, to sober up. We asked the waitress, Susan, what kind of people usually come in after 1 a.m.

Setting her tray down on the table, hands on hips, she surveyed the scene, “Well, I tell you….there’s a lot of drunks, a lot of weirdos. We get what’s called ‘the bar rush’ from two to three-thirty. After that, there’s maybe one or two people come in.”

Could she recall one person who had really stood out?

She was cooperative. “Well, yeah,” her face broadened into a grin. “You know Officer ——?” (An official at Cuesta College.) “One night this guy comes up to the cash register and he reaches in his pocket to get some change. After he fumbles around for awhile, he can’t find any, so he says, ‘Darn, it’s not in here,’ and he starts TAKING OFF his pants, and under those he’s got a whole second suit of clothes on. He’s quite fishing,” see, so he’s got all his change inside the second pants.”

The Little Chef is clean, well-lighted, has a varied menu…and it’s a good place to sober up.

***

But, yes you just can’t sleep. You don’t need any more coffee...you just want to talk to someone. You could call Hotline, or you could try one of the two all-night grocery stores in town.

At Jordanos in the Foothill Plaza a clerk was too busy ringing up a customer’s purchase to stop for our questions.

“Do you have many customers between two and five?” we asked.

He nodded, lifting cartons of eggs from the basket onto the counter, “Surprisingly enough.”

To the customer, “Sorry, I can’t sell any bear to you, it’s after two.”

To us, “Especially during finals. They come in and buy five dollars worth of garbage.”

To the customer, “O.K. on the check.”

Current phone number?

We left him to his work and turned our attention to a customer browsing at the paperback novel rack. The clock on the back wall said 4:45 a.m. Couldn’t sleep, probably.

***

At the Kwik-Way Market on the corner of Osos and Pismo Streets, Dave McLernon was tending counter and studying. Dave is an education major at Poly, and like many other ingenious students, finds time to study by working the hours no one else will.

His comment. “Are you guys for real?”

“No, this is a stick-up,” we told him and shot him with the camera.

***

Down at the Southern Pacific Transportation Co., better known as the train station, Earl Hill stared as we walked in.

“Does the train station stay open all night?” we inquired.

He jerked his head at the clock. “Trains run all night,” he said gruffly.

We asked, “What kind of people are usually around here at two in the morning?”

Still staring strangely at us, “Just get rid of that camera and you won’t have to worry.”

Any grocery store, restaurants, train stations just aren’t your style. There is one...
"I hate finals! I always end up with a dull headache and a nauseous feeling in my stomach before I even start studying. This is something that has been true during finals: I live on leftovers or hamburgers and French fries. There's never a dull headache and a nauseous feeling in wake up tired. By the end of finals, I'm toward the four-day, fast-paced final to a fear, anxiety, stress, tension or depression refrigerator for most of the quarter? You have to know the answer.

You in preparing yourself mentally and projects and term papers. Face it, it's drinking or whatever your favorite pastime is. Perhaps the Dean and the Associate Dean, Educational avoidance conflicts, hours scheduled cannot be class schedule? They are outlined in the examination period time outlined in the class met, well before the final quarter knows that not everybody gives been around her for more than once. A listing, then, would merely provide "those who might want to know about it." A listing, then, would merely provide information she needs.

The rules and regulations provide you a legal loophole. If you check out all the possibilities of avoiding finals and are still stuck with a full finals schedule, here are a few hints on how to prepare for and survive finals week.

Remember your first quarter in college? Remember when the end drew near and you had three finals on the same day—the last day of finals. You asked yourself, "Am I a masochist or just plain stupid?"

Millions of students have faced the same turner, but through their own ingenuity have overcome these fears.

Geoff Mornese is a student at Cal Poly, San Luis Obispo. Geoff has been an advocate of the method has boosted her students to have an end-of-the-quarter exam time can be changed only following such things as a student's abduction into the Armed Forces, a death or illness in the family, or the Illness or death of the student. The method is basically a system In which the individual learns to teach himself. Geoff Mornese's solution is one of many to a problem that has only plagued the college and university student. It is the problem of last anxiety.
Inside an object. It's an easy way to start your brainwaves bouncing.

"I'm in a clock. The grinding of the gears is a constant churning. I hope the alarm doesn't go off. Maybe if I hold on to the teeth of the gears I could ride it up—CUT— I am going to relax."

Another form of recycling your mind while studying is to look at a light and close your eyes. Concentrate on the afterimage you see for as long as you can. This is designed to help the problem and the runaway mind that keeps thinking about next summer, the quarter break, the new image you see for as long as you can. This is designed to help the problem and the runaway mind that keeps thinking about

If you want to do your best on finals, you know you're going to have to study, so do it with the intention of taking a break after you've studied a certain amount. Get a goal and stick to it. Distractions on your desk won't help in a physics exam, so get rid of them. Put the picture of your girlfriend (or boyfriend) in your desk drawer. Clear all the excess garbage off your desk. Take down that foldout of Miss February you have hanging above your desk and get to work.

Next quarter try taking advantage of the relaxation programs available at the Counseling Center. Through these programs you can learn to relax and avoid the marks of the system.

OK, you say, so I put all these methods to work, but what do I do to unwind when I finally close the book?

The sad fact that there isn't much to do in San Luis Obispo (particularly if you're under 21) should add to the reasons for studying. But the fact is, students are uncertain at coming up with as many forms of entertainment as there are reasons not to study.

Getting ripped off, smashed, stomped on whatever you want to call it is by far the most popular, yet it isn't recommended. You've probably heard stories about some guy who got suicide by the night before a big exam, woke up still drunk and pulls an 'A' on the test. Great story, but don't expect miracles.

Radio, movies TV and music are the old standby, of course, and can do a good job of relieving tension and filling the entertainment gap. But if you need to get out of the house, there actually is something out there.

There's always numerous forms of exercise. Everything from handball to bicycling, you're just to these. "Get your corpuscles moving. You'll feel better.

If you're not in the mood for some strenuous exercise, how about hopping in (or on) your machine and taking a cruise named "Greta the Groupie" who organizes a big study group in which students exchange information and help each other.

Both methods have good and bad points. It all depends on the student, the test and the situation. The sad thing is most students don't have good study habits.

Face it, who can remember a mass of facts, dates, concepts and theorems when you stuff your brain the night before the exam?

Students have proven that a shot of milk (warm or cold) before bed aids your relaxation. If at all possible, finish listening to music just before your head hits the pillow has the opposite effect.

The key to a restful night after a final is relaxation. Do all possible, finish hitting the books early in the evening. Try to get your mind off the Battle of Iliot or the latest geometric theorems and relax. Visit a friend, watch TV or take in a flick. Wash the study doldrums.

Relaxation is also the key after you crawl between the sheets and snuggle up to the pillow. Lie on your back and close your eyes slowly. Continue the relaxing process by performing deep breathing exercises. Let your body totally relax and imagine the most restful situation your mind can create. Before you know it you're in dreamland.

Chances are, if you are using efficient, correct study methods, you'll have more time to relax during finals week. However, the study methods vary with each individual student.

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Night Life...

(Continued from Page 8)

more thing to do in San Luis at 5 a.m.—that is, if you're really virtuous.

The Maytag Laundry on Foothill Blvd. is
open 24 hours a day. We met Harold L. Johnson, a San Luis Obispo resident who works in Cambria,
doing his laundry before five o'clock in the
morning.

“Do you always do your laundry this
early?” we asked.

“Yes,” said Howard, very straight-
forward. “It’s the only time to do it when
everybody’s not around. It makes it a little
easier to do when all the washers aren’t
being used.” Right.

Not wishing to leave the north county
unsearched, we scouted Morro Bay at four
one weekday morning. The streets were
dark, the waterfront was dark, the service
stations were gated and boarded. Was
nothing to be found open?

We systematically worked the streets—
we had heard there was a great little
all-night cafe on Main Street. After cruising
Main for the third time, we concluded for
a restaurant to be labeled “all night” in
Morro Bay it didn’t necessarily have to
stay open until 4 a.m.

Tired and discouraged, we started to
defend for home. But our search was not to
go unrewarded. On a side street near the
center of town we discovered a small
building blazing with lights. The door stood
open inviting us.

The student stood by the bookstore cash
register writing out a check. He had
enough to compute the largest of figures: addition, subtraction, division or
multiplication—depending on the complexity and cost of the instrument.

The calculator is small enough to fit in the palm of the hand yet
big enough to compute the largest of figures: addition, subtraction, division or
multiplication—depending on the complexity and cost of the instrument.

Have our
“Secretary”
Copier (Thermo-
Fax) make your
paper copies,
Transparencies,
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multiplication, and division functions. Once the price rises over $100, sophisticated models start appearing such as twelve-digit answer displays (most of the less expensive calculators show only eight digits), rechargeable batteries, sign changeability, and percentage and square root functions. As usual, the buyer gets what he pays for.

Bose all components are made by a very limited number of manufacturers, the only differences between some calculators may be the plastic bodies. So in some cases, buyers may be paying more for a name (although reliability of the manufacturer must be taken into consideration since he's the one that must do any service or repair work).

But the real key to the pocket calculator business is in the "chips." A chip is a piece of circuitry, although smaller than a dime, does work formerly requiring thousands of transistors.

The important names in the pocket calculator business are Texas Instruments, Inc. and North American Rockwell Microelectronics. These are the two major chip makers in America, although now there are few, ships are scarce and consequently whatever has the chip has the calculator business in his pocket. Short supply has forced some pocket calculator manufacturers to cash in their chips because of inability to get a supply sufficient to meet demand.

And on the student scene the calculator business is picking up. Since the El Corral Bookstore began displaying its demonstrator last October it has sold an estimated fifty HP-46 calculators. For the first month the calculators sold at an average of one per day. Now sales have dropped to two or three a month, but there is optimism that sales will pick up again next fall with the wave of new students.

The HP-46, which sells for $99.90, is designed to solve engineering type problems with its three memory banks and its ability to do most everything a slide rule can. This may be the reason it's among the foremost in student popularity, but whatever the reason, students are generally enthusiastic about them.

Many students are discovering the advantages pocket calculators have over slide rules. For example, with a large number of calculations to do, a calculator is faster than a slide rule. Some students say they have literally saved days using a calculator for statistical problems.

Another advantage is that the calculator's accuracy. Use of a calculator lessens the chance of human error in computation. It also offers more decimal places than a slide rule and carries them automatically. A calculator will also add and subtract; a slide rule won't. This may seem trivial, but it sure beats doing it longhand.

But, as mathematician Mark Viers has pointed out, not all enthusiasts may have considered the advantages the slide rule has over the calculator. Consider the price difference, for instance. A calculator that can really do the sophisticated functions a slide rule can will cost well over $100 (and probably closer to $200) while one of the best slide rules available runs about $50.

Also, in order to use a slide rule there has to be a basic understanding of the functions and its steps, while with a calculator the only understanding needed is some complex lessons. (e.g., logarithms) which numbers to plug in and which button to push. The slide rule forces people to think.

Some calculators may also require clearing and resetting in cases where multiple division is necessary. On a slide rule this division is can be done continually.

Then there's always the question: "What if something goes wrong with the calculator and you don't know it? (Some of the HP-46s have added 8 plus 8 and proudly came up with the answer 8.999... because of faulty chips.)

Whatever the advantages and drawbacks of calculators may be, they are being widely used. Edward A. White, president of Bowmar Instruments Corp. (a large manufacturer of calculators) has been quoted as saying, "We believe that eventually every child of junior high school age and older will carry a calculator. They'll replace slide rules."

Photos by John Gordon
Pocket-sized calculators come in a variety of shapes and colors. Those who dislike the bother of carrying one in its case can very easily stick it in his or her pocket.
Instead of the Pill...

By Ellen Penahy
and
Mary Ann Shephardson

Her name is Jennifer. She is 20 years old and has gone to Cal Poly for the past two years. Her major is biological sciences which means that she spends a great deal of her time studying in the little studio apartment she shares with her boyfriend Greg. Jennifer’s day begins with a glass of orange juice and a little white pill. It is an amphetamine and in her own words, “gets her up and able to study.”

Though Jennifer is not a typical “Poly Dolly” her case is not that extreme. Almost every college student has resorted to some type of drug use sometimes in his life. For some it is a way of life. It is much easier to simply pop a pill than combat the root of your problem, whether it is a matter of lack of good study habits or not planning your time efficiently.

Taking pills is an unnecessary chemical crutch, because the consciousness can and should be controlled naturally. With natural methods there are no detrimental effects on the body itself. Many people don’t realize it, but there are a number of effective alternatives to pills.

According to philosophy professor Stan Dundon, the only alternative to pills is friendship and communication.

“Drugs are delightful in themselves. They enhance friendship and communication, but is it real? Is it of permanent significance? I really don’t think so,” states Dundon.

When you take amphetamines, you get a false sense of physical and mental well-being.

“Take amphetamines, you get a false sense of physical and mental well-being, but a greater delight is achieved through sustained good health rather than the artificial feeling produced by pills,” remarked the philosophy professor.

Rest, exercise, and food are the genuine ways to remove the nervousness and fatigue that pills only temporarily relieve.

“The real goal in life is delight achieved through friendship, beauty of art, sports, dance and creativity. Sure, pills can help you achieve these goals; however, they are only temporary and have long-range ill effects,” Dundon said.

On occasion pills serve their purpose,” says Dundon, who confesses that he was taking dextroamphetamine prescribed by a doctor to aid him in his research.

Dundon’s philosophy is summed up by a poster hanging in his office: “There are only two things worth doing in life—to know the truth and to be in love.”

Linda found a different solution to the pill problem. “I was flunking out of school and taking pills to stay awake. I just wasn’t planning my time right and couldn’t cope with the situation.”

The Linda who took pills had no real security and no self-control. “I took pills for ability, for getting it together. I was afraid of failure, I found my source of security outside myself. I found it in Jesus Christ,” she declares.

“After inviting Christ into my life, I asked him for the power to study and learn. I was making F’s and had no real purpose in college life,” she continued.

“With Christ, I became a new person. My grades improved so drastically that even my friends noticed.”

Linda is convinced that the change is not psychological. Drugs are not a part of her life. “I’ve found an inner peace,” she said.

Some students, unable to find inner peace as Linda did, look elsewhere for help.

(Continued to Page 11)
"When students come in and ask for stimulants, I tell them that amphetamines cure nothing," points out Dr. Billy Mounta, director of the Student Health Center. "We don't even stock them." "We try to show students that there are solutions other than drugs. Hart's method of conditioning through meditation and mind over matter, is what I usually recommend. It is a turning-on within oneself rather than through external stimuli," explained Mounta.

The essence of conditioning is self-post-hypnotic suggestion, achieved in five steps: Examine yourself and your problems, decide what you want to change. Go off alone, relax, and let your conscious mind speak directly to your inner self, giving authoritative, positive suggestions.

With conditioning, you can achieve your goals because it provides the needed self-confidence that drugs can never truly provide.

Self-confidence, however, was not Bill's problem. "I took 100 whites in two weeks last year because I was studying to be an engineer. I'm basically lazy, so I have a lot of problems." Being wired all the time enabled Bill to get his homework done, but his test performance still wasn't up to par. "I raised my F's to D's on white, and since that was my total effort I realized that something had to change."

After that, even drinking coffee made me sick to my stomach. Getting wired just isn't worth it.

His alternative was to change majors. Bill doesn't have to take pills now; in fact, he's terrified by them. "My roommate went totally insane on acid last year, and the first thing the doctor asked me was if I had taken any whites. After that, even drinking coffee made me sick to my stomach. Getting wired just isn't worth it," he concluded.

"I find that I don't need to take whites for studying," admitted one junior transfer from Visalia. "I take them for the hell of it. They keep my imagination active and I find myself involved in more stimulating conversations with friends. Without whites, I'm much more introspective." With finals here, you may lack the time to try any of the alternatives to artificial stimulants. "Foods for the Family," a health food store on Monterey Street, carries many natural stimulants.

"Herbs are an excellent way to stimulate the system without harming it," explains manager-trainee Billy Palmer. Stimulating herbs include cayenne, elder, peppermint, red sage, pennyroyal, and valerian, to name a few. Prepared as a tea, they act as a mild mood-elevator, and are beneficial to the body.

Evidently some students still feel the need to get wired especially during finals. "I sell more white around final time than any other time of the year," said a local pill peddler.
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---

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<th>ADDRESS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Christeen Petraeus*</td>
<td>RT 3, San Luis Obispo</td>
</tr>
<tr>
<td>*Winning Ticket No. 38966 Drawn by: Perry Steeter</td>
<td>RT 3, San Luis Obispo</td>
</tr>
<tr>
<td>Tom Burroughs*</td>
<td>814 Patricia Dr., San Luis Obispo*</td>
</tr>
<tr>
<td>*Winning Ticket No. 81815 Drawn by: Mike Douglas</td>
<td>81-H Yosemite Hall, San Luis Obispo</td>
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790 Foothill Blvd.  San Luis Obispo  10:30-12:00 Fri. & Sat.

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10:30-11:00 Daily

10:30-12:00 Fri. & Sat.

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