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 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

---

A1 Koshin
Introduces
TOBIAS TROUSERS

The Silhouette is Yesterday, The Fit is Today.

GREEN BROS.
895 Higuera
543-0988

---

SMART'S RESTAURANT
2015 Monterey St.
"HOME OF THE
75c BREAKFAST"
Open 6 A.M.—10 P.M. Daily
Banquet Room Available

OPEN WEEK NITES 'TIL 9
sundays 11 to 4

BEVERLY'S
876 Higuera Street
and for less
Gilroy Livermore Salinas Pacific Grove Seaside

Got the midnight munchies?

THE TRUCK STOP
SMILE INN

450 S. HIGUERA Always Open

---

Cheap Thrills

---

We have...

Terrarium Supplies
Macrame
Hand Thrown Pottery
House Plants

---

Rustic Gardens
Open Daily 8-6
844-0661
772-0880
488 Harbor
Morro Bay

---

Hang-Up

---

The Pair Tree

---

sandals/shoes
in the network, see luis obispo

---

Tobias Trouser The Pair Tree The Pair Tree The Pair Tree
OUTPOST—I

OUTPOST

Ev E K Y t H j^ 'T O S r ^ E  tiU H

* &LJLTG •  O A H IU h ll

4  aADtrfi

*0(K; CQllAASa £X C .t -

>1 NtTVJ('K.K»*S»A»3,,4fe?>»?ga HIOHXRA.

Table of Contents

While the City Sleeps Page 4
by Jeanne Wille

The Finals Companion Page 6
with instructions on keeping you alive.
by Tom Marshall

The Pocket Calculator Page 8
a new kind of vise.
by Bob Schnorriger

Instead of the Pill Page 10
better things than getting wired.
by Ellen Pankey and
Mary Ann Shepardoon

THE COVER: Exhausted after “hitting the books” for 11.5 hours of study with a single break for tea, Kurt Williams, a Food Industry major fell asleep while jotting down a few key notes.

TABLE OF CONTENTS

While the City Sleeps Page 4
and what’s happening after 5 a.m.
by Jeanne Wille

The Finals Companion Page 6
with instructions on keeping you alive.
by Tom Marshall

The Pocket Calculator Page 8
a new kind of vise.
by Bob Schnorriger

Instead of the Pill Page 10
better things than getting wired.
by Ellen Pankey and
Mary Ann Shepardoon

THE COVER: Exhausted after “hitting the books” for 11.5 hours of study with a single break for tea, Kurt Williams, a Food Industry major fell asleep while jotting down a few key notes.

OUTPOST

From $256.00
See these exiting new designs soon at
BRASILS
720 Higuera SLO

The Spindle
• Sandwiches
• Beer
• Music

(TONIGHT FOODS FROM INDIA)

“Apartment Living
Without the Cooking Hassle”

For Men and Women
on the Go.

For Men and Women
on the Go.

For Men and Women
on the Go.

For Men and Women
on the Go.

For Men and Women
on the Go.

For Men and Women
on the Go.

For Men and Women
on the Go.

For Men and Women
on the Go.

For Men and Women
on the Go.

For Men and Women
on the Go.

For Men and Women
on the Go.

For Men and Women
on the Go.

For Men and Women
on the Go.

For Men and Women
on the Go.

For Men and Women
on the Go.

For Men and Women
on the Go.

For Men and Women
on the Go.

For Men and Women
on the Go.

For Men and Women
on the Go.

For Men and Women
on the Go.

For Men and Women
on the Go.

For Men and Women
on the Go.

For Men and Women
on the Go.
WHILE THE CITY SLEEPS...

By Joanna Wiley

PHOTO BY BILL MOTTZ

At dawn the morning's echoes have faded and the last of the thrums and rumbles have died out. In the silence, the city seems to take a breath and rise up. The morning light fills the streets, and the world awakens. The morning is a time of quiet, a moment to reflect and prepare for the day ahead.

At the corner of the block, a lone figure is walking. They are dressed in a coat and carrying a briefcase. The sun casts long shadows, and the air is crisp. The morning is a time of promise, a time to begin anew.

The city is a canvas, waiting for the first brushstrokes of the day to bring it to life. The morning is a time of anticipation, a moment to seize the day and make it your own.

---

Need a place to drink?

The Caboose

1517 Osos San Luis Obispo

1859 MARSH SAN LUIS OBISPO

Model dept. on the mezzanine

Blow your mind with a rocket

LEATHER COATING LEATHER GALE AND ALL THE BUCKLES YOU'LL NEED

SHOP AND SAVE

OPEN THURSDAYS 'TIL NINE
They get off the bus and they've only got 20 minutes and they go 'Where's the bar?' Than they go down there and make it back. Apparently a lot of the drunk in town make it up to the third all-night restaurant, the Little Chef, to sober up. We asked the waitress, Susan, what kind of people usually come in after 8 a.m. Retting 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 atuesta 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, see, so he says, 'Damn, 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 going 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, say 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 Jordan's in the Paseo 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 4:15 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. Nuts.

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 a final. It seems like during finals I live on leftovers and french fries. There's never time to fix a decent meal. I manage to catch four or five hours sleep, but usually wake up tired. By the end of finals, I completely drained, physically and emotionally. It takes me a couple of days into the quarter to get myself together again. Sometimes, I wonder if it's really worth it.

A family? Are these your feelings toward the four-day, fast-paced finals of a ten-week quarter? Do you feel hatred, fear, anxiety, stress, depression or during finals? Do you survive on a quick grey burger and fries or maybe the remnants of some cold leftover cuisine during finals? Have you considered the answer.

You think you can handle the burdens of racing down the ski slopes, or sleeping, of projects and term papers. Face it, it's giving comprehensive exams covering all the material during finals that will let an entire class get off without a final. As a student, fear of the end-of-the-quarter tests can become so great it impedes his performance on them. Often, a sense of relaxing (such as Morneau tried) can enable a tense, worried individual to recall more of the information he has learned.

Cal Poly's Counseling Center provides another method of relieving test anxiety. Through the use of behavior modification techniques, counselors aid students in coping with individual anxieties, anxiety over an examination being one of many common fears.

Self-relaxation is the avenue the counselors have been taking, whereby an individual can learn ways to relieve tension on his own.

Clara Fogggott of the Counseling Center handles a number of students with stress problems who have been known to get pay docked for every hour during finals. She has also been around her for more than one quarter knows that not everybody gives up at the department head. If such is the case, he would do best to consult personally with his listeners were underclassmen and department heads. So if an Individual wishes to avoid taking the dreaded tests, he would do best to consult personally with different teachers or rely upon information from other students.

The rules and regulations provide no 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 your instructors announced they had giving comprehensive exams covering all the material they had given you during the quarter? Remember how you panicked and wondered why you decided to go to college? It probably just so happened that 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 terror, but through their own ingenuity have overcome these fears.

One such student is Geoff Morneau. Upon completing the first semester of his freshman year at the University of California, Santa Barbara, Geoff had returned to his home in the Los Angeles suburbs and was telling of his first impressions of college life.

His listeners were underclassmen acquaintances cooking through their senior year of high school. Questions were directed to "the college kid" about an umpteen topic—final examinations. What were they like? How'd you do? What was it like taking a three-hour test? Geoff Morneau answered calmly, as someone who had learned a great secret. "I was scared about taking them," he admitted, "not so much about having hadn't studied but that my grades in a course of the class were on how I did on the finals. I was pretty tight."

Then the key to success revealed: "What I did was throw down—"

Relaxing (such as Morneau tried) can enable a tense, worried individual to recall more of the information he has learned.

Dr. Stephen S. Kluender, a resident in the United States, has developed a method of relaxing. The method is basically a system by which your body is relaxed, but not asleep. During this time your mind is very receptive to information since it is not bothered by the stress and tension you feel while at the Beta level. Through conditioning and training, Pat can attain the Alpha level of consciousness while studying and tell herself to remember what she is reading. During the exam, she is able to revert to the Alpha range of consciousness and grasp the information she needs.

You're probably still skeptical, but you can't argue with an increase of one full grade point over three quarters.

Pat admitted that she was extremely nervous at the thought of tests before enrolling in this program, but has no qualms about finals anymore. The classes are offered in the San Luis Obispo area every three weeks and are guaranteed or your money will be refunded. Still skeptical?

There remains one big hang-up-money. The course cost around $125 for a weekend retreat.

If you're a victim of the "study blab" when you finish an assignment, the Counseling Center suggests a form of mental exercise designed to alleviate your anxiety. This exercise is a good way to tend off anxiety before an exam.

Imagine you're an object on your desk or

THE FINALS

By TOM (with Eric Nale)

Photos by
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 one of the teeth of the gears I could ride it up—OUT— 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. It's a trick to help you to relax. Do two or three of these techniques to help you relax. If you find that you are still feeling stressed, try something else.

If you want to do your best on finals, you need to study. It's not as easy as it seems. Here are some tips to get you started:

1. **Relaxation Programs**
   - Deep breathing exercises
   - Meditation
   - Yoga
   - Tai Chi

2. **Sleep**
   - Go to bed early and wake up early.
   - Avoid caffeine and sugary foods before bed.
   - Use a comfortable bed and pillow.

3. **Nutrition**
   - Eat a balanced diet with plenty of protein.
   - Avoid sugar and caffeine.
   - Drink plenty of water.

4. **Exercise**
   - Regular exercise can help reduce stress.
   - Choose an activity you enjoy.

5. **Stress Management**
   - Learn to manage your stress.
   - Use relaxation techniques.
   - Seek support from friends and family.

Remember, it's important to take care of yourself during finals week. Taking care of your body and mind will help you perform your best. Good luck!
Finals Companion...

(Continued from Page 7) quarter recalls (ending (or himself after
groups: (1) Milk and cheese, (3) Meat, (1)
period of time has not been proven harm­
time. Although gobbling hamburgers, hot
Don't sacrifice a balanced meal (or study
his roommate left (or the quarter break.

Companion...
multiplication, and division functions. Once the price rises over $100,
sophistications start appearing such as twelve-digit answer displays (most of the
less expensive calculators show only eight
digits), rechargeable batteries, sign
derformance, and percentage and square
root functions. As usual, the buyer gets
what he pays for.

Once all components are made by a very
limited number of manufacturers, the only
difference 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 con-

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

The important names in the chip
business are Texas Instruments, Inc. and
North American Rockwell Micrlelectro-
products. These are the two major chip
makers in America, although now there
are few, chips 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 suf-
ficient to meet demands.

And on the student scene the calculator
business is picking up. Since the El Corral
Bookstore began displaying its demon-
strator 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 $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 to 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 advantage the slide
rule has over the calculator. Consider the
price difference, for instance. A calculator
that can really do the sophisticated func-
tions a slide rule can will cost well over
$100 (and probably closer to $50) while
one of the best slide rules available runs
about $5.

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

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

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 plus 9 and proudly
come up with the answer 3.999...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."
Instead of the Pill... 

By Ellen Penhale and Mary Ann Shepardson

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 sometime 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.

"There is obviously pleasure in feeling good, even temporarily, but a greater delight is achieved through sustained good health rather than the artificial feeling produced by pills," remarked the philosophy professor.

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

"The real goal in life is to know the truth and to be in love," Jennifer 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 security, 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 on 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 autoconditioning 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 autoconditioning 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 autoconditioning, 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 whites, and since that was my total effort I realised 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 he 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 introverted."

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 whites around final time than any other time of the year," said a local pill peddler.
Spring Happenings  
now at  
Minelle's  
sleek spring styles  
designed to shape your figure like a second skin  
for those spring days and nights  
728 Higuera  543-3737

Yamaha Guitars  
Featuring the Model FG-180  
This is a jumbo body, steel-string guitar  
with mahogany back and sides, spruce top  
and rosewood fingerboard.  
STILL IN STOCK - STILL ONLY $139.50  
Each instrument is handpicked, adjusted,  
and backed by our own personal guarantee.

ALSO  
Recorders  
Come in and see how easy it is to play this  
beautiful wind instrument. We have a large  
assortment of brands and models starting at  
$7.50. Also a complete selection of books for  
the recorder in our music department.

Premier Music  
666 Monterey St.  543-0810

THE WINNERS!  
IN OUR FIRST FREE 10-SPEED BICYCLE CONTEST  
GIRL’S ($110.00 Retail Value)  
Christeen Petraeus*  
RT 3, San Luis Obispo  
* Winning Ticket No. 33966 Drawn by:  
Perry Steeter  
RT 3, San Luis Obispo

BOY’S ($110.00 Retail Value)  
Tom Burroughs*  
814 Patricia Dr., San Luis Obispo  
* Winning Ticket No. 33151 Drawn by:  
Mike Douglas  
81-H Yosemite Hall, San Luis Obispo

2nd Contest for  
2 More FREE Bikes  
(81.00 Retail Value Each)  
A 10-Speed Girls and a 10-SPEED Boys. Get Tickets  
NOW FOR APRIL 20TH DRAWING.

McDonald's  
770 Foothill Blvd.  
San Luis Obispo  
10:30-11:00 Daily  
10:30-12:00 Fri. & Sat.