New sick bay: surgery cuts parking, roads

by JOAN CAMPBELL

One of Newton's laws states that for every action there is an equal and opposite reaction. This handy little rule, combined with the age-old maxim, "You can't get something for nothing," seems to be the essence behind the proposed expansion of the Health Center facility.

Though we'll be gaining a bigger and more efficient facility, we'll have to give up a few things like Campus Way and about 100 parking spaces in the Health Center parking lot. Beginning Monday, Campus Way will be permanently closed. According to Facilities Planner, Peter Phillips, the road which now runs past the Health Center will eventually be converted into a type of cold-de-sac for ambulance services.

Elimination of this access will leave but two alternatives for commuters to come on campus: Grand Avenue and California Boulevard.

Construction of the new additions for the facility will require about a 16-month period from May to Fall of '74. The size of the facility will be nearly doubled, adding 18,000 sq. ft. to the present facility. The addition will include five new doctors' offices, ten treatment rooms, examination, X-ray, and clinical laboratory rooms.

The building will be a partial two-story structure with the lower floors housing the business functions. The present lobby will also be expanded.

Why expansion? According to Phillips, "The present facility was built to accommodate an enrollment of 6,000 which is quite a bit behind the University's present student body size. The expanded facility will accommodate an enrollment target of 18,000."

Bid prices for the project is $880,000 with an additional cost of $195,000 for equipment. The contractor is Don Greene of Santa Barbara.

Maze planned for playground

by MELISSA RODRIGUEZ

A maze beckons children to investigate it while a four-foot railled platform with a ramp asks them to come up and look around. Two seat swings, two tire swings, a ladder, and a slide will complete this jungle gym providing enough money can be raised by the Cal Poly Children's Center.

"The playground structure is a senior project designed by John Taylor," said Mrs. Diana Conen, who is working on the fund raising drive. "If we can not come up with the funds within the next few weeks the project will have to be scrapped since Taylor needs to have it completed before the quarter ends."

Less than half of the $1200 needed has been received so far, but project workers are hopeful more money will come in Thursday.

"We are holding a bake sale from 8:30 a.m. to 1 p.m. Thursday in the Union Plaza on campus to raise money," said Mrs. Conen. "All of the baked goods for sale will be homemade by parents and teachers."

Last week the Children's Center raised $71 in donations from the community, and various businesses have donated materials for the structure. "I was surprised that we did so well last Friday," said Mrs. Conen. "Most people were generous enough so we told them what the money was for."

Members are trying to get service organizations to donate money and materials so the playground structure can be built. Architecture students and the children's parents will construct the piece of equipment if enough money is raised.

The Children's Center has a small house, sandbox, swings and a go-kart dome but, according to Mrs. Conen these are not enough to keep 96 little children busy for long.

"The children need something that they can climb on and develop coordination," said Mrs. Conen. "If we don't get the money we will have to postpone the project or scrap it altogether.

Anyone wishing to donate money or materials to the Children's Center may do so at the Center located in the south end of Sierra Hall on campus.

Chicanos give folk fest

by ARTURO CASTRENO

Colorful, complex Mexican dances, plus skits about the Chicoan lifestyle, will be performed tonight as part of the Chicanos Heritage Week celebration.

Sponsored by the Hispanic Programming Board of the Student Affairs Council, the festivities were performed by the Ballet Folklorico de MECNA, a group composed nearly of students from this university.

Members from this campus are: Pat O'Neal, Colorful, complex Mexican SAC hopeful; Jose Delgado, Electronics.

Chicanos Heritage Week officially got underway Tuesday night with a live band, speeches, and a special performance of Mexican Folk Dance. The dances were performed by the Ballet Folklorico de MECNA, a group composed nearly of students from this university.

Members from this campus are: Pat O'Neal, Colorful, complex Mexican SAC hopeful; Jose Delgado, Electronics.

Chicanos Heritage Week continues through Saturday featuring an Art Display in the library, speakers, and a fashion show dinner Friday night at the Yosemite Memorial Building. —Photo by Scott Harless.

Moog synthesizer helps musicians create sound

by JOHN CAMPBELL

The first sound in synthesizers for the creation of electrical music was presented at Poly Royal in the Engineering Building West.

This new musical experience was created by Robert Moog, of Moog Music Incorporated.

Moog said, "It seems that the people who respond most quickly to the synthesizer are the most unsophisticated listeners, like young people."

The synthesizer is controlled by an oscillator which creates the sound and the oscillator controls the triggering of the filter and the voltage. With this versatility of the Moog synthesizer, one can express his musical ideas electrically. The performer has complete control at all times.

Dec Boehnke, western representatives for Moog Music Incorporated, said, "This new sound synthesizer will help people become more aware of those sounds in music. It will allow musicians to create those instruments, besides music. We're not out to replace conventional instruments but we only want to show our own."

The sound synthesizer comes in.

(Continued on Page 5)
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Outpost positions
Outpost magazine will accept applications for the positions of editor, managing editor, and advertising-business manager for the 1979 school year until Thursday, May 30.

Applicants should contact Don Holt, Outpost advisor in Graphic Arts.

OUTPOST

lad

POSITIONS

Man Naturally

“Mood’ chemist
to give lecture

Dr. William H. Brown, Professor of Chemistry at Beloit College, Wisconsin, will deliver a lecture on the forthcoming developments in the chemical aspects of psychology, "Inside the Molecules of Your Mind" today.

The lecture will be for science and non-science students interested in learning more about the direction of current research on brain functions.

Dr. Brown is visiting this campus as a special guest lecturer and is an accomplished expert in the field of chemistry of mood, motivation, and memory.

He is a graduate of Harvard and Columbia Universities and presently chairman of the Medical Professions Advisory Board.

Dr. Brown was recently named Teacher of the Year at Beloit College. He is also the author of a popular text on organic and biochemistry.

The lecture will be in Science Bldg at 8:00 p.m. and is open to all interested students free of charge.

Jon Harrison - pres.
Scott Plotkin - v-pres.
both experienced members of
Student Affairs Council
The Rose Parade Float Committee’s annual design contest is under way. The winning design will be awarded $800 or two tickets to the 1974 Rose Bowl Game. For creating the design for the float to represent the two Cal Poly campuses.

Everyone is invited to enter. A simple sketch representing the theme, “Happiness is Playing Hooky” or “Happiness is Playing Music” is all that is required. There is no limit on the number of entries submitted by one person. All entries must be at the University Union Activities Planning Center before 5 p.m., May 16.

Rules and entry blanks for the contest are available in the Library Foyer and Activities Planning Center. For more information call Joan Anderson 844-9950 or Gary Ford 962-8200.

Here’s a personal calculator that’s different. It’s got what students need...square roots, scientific notation, and more...at a price you can afford. $149.95.

The new Texas Instruments SR-10 makes studying faster and easier. Saves time, eliminates errors, instant, accurate answers. Anywhere. Anytime. That’s power. Power you can use to make your study hours more efficient. Learn more in less time...free from the numbers drudgery.

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SECOND MEETING

Tennis hosts CCAA

With three tennis teams tied for first-place, the Mustangs will host the second of three California Collegiate Athletic Association round robin tournaments today through Saturday on the courts behind the North Gym.

Action will be initiated today at 7:00 p.m. when the defending champion Mustangs take on California State University, Northridge. Both teams are now 2-1 in the league as California State University, Fullerton, who tackles fourth-place California State University, Bakersfield, (1-3), also at 7:00.

Friday morning the Mustangs face Fullerton and Northridge plays fifth-place University of California at Riverside, (0-4), both at nine. At 11:00 a.m. Bakersfield challenges the Mustangs and Riverside goes against Fullerton.

The final day of play will see Northridge go at Fullerton and Bakersfield battle Riverside at 8 a.m., with the hosts taking Riverside and Northridge taking on Bakersfield.

This time last season, the Mustangs were faced with a do-or-die situation with themselves and Northridge the only competitors with a chance at the crown. The defending champs downed Northridge the next two.

Leading the Mustangs will be Scullion, Pete Lambert, Jim Martin, and Dan Thompson.

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Euromed may offer RX via overseas training.

For the session starting Fall, 1973, the European Medical Students Placement Service, Inc. will assist qualified American students in gaining admission to recognized overseas medical schools.

And that's just the beginning.

Since the language barrier constitutes the preponderant difficulty in succeeding at a foreign school, the Euromed program also includes an intensive 8-12 week medical and conversational language course, mandatory for all students. Five hours daily, the course is given in the country where the student will attend medical school.

In addition, the European Medical Students Placement Service provides students with an 8-12 week intensive cultural orientation course, with American students now studying medicine in that particular country serving as counselors.

Senior or graduate students currently enrolled in an American university are eligible to participate in the Euromed program.

Perhaps most important, the Euromed Program helps the student attain his career goal in the medical profession.

"I would like to thank you for providing me with the opportunity to fulfill my goal of becoming a doctor . . . " I believe that your program holds a great deal of hope for the future. . . . In opening doors for many young Americans . . . and in aiding the U.S. in its critical shortage of doctors." from a letter from a student.

We have helped place a number of qualified students from the United States in recognized medical schools overseas.

For application and further information phone toll free (800) 645-1234 or write...

EUROPEAN MEDICAL Students Placement Service, Inc.
8 McKinley Avenue, Albertson, N.Y. 11007
"You're in college and you still need friends?" Page 3

Feminism at home: Does it make any difference? Pages 4 & 5

A lot of people around here are fat. A different way to shape-up. Pages 6 & 7
From the Editor...

This month is an important one for (this) and not only because we’ll be coming out three times in one month (every other Thursday), but also because it’s our birthday!

Outpost has been appearing in this form of supplement to Mustang Daily for one year now. We hope you agree we’ve met our goals of providing informative yet interesting service to the campus with our consumer-type features as well as self-help articles and entertainment stories.

Our major student service article this issue is aimed at the student as a different kind of consumer—a customer in the marketplace of human values. Everybody writes articles on feminism—tales of job discrimination, questions of whether a woman should have the right to govern her own body, jokes about the radical bra-burners of a few years ago. But hardly anyone takes the time to analyze the basic relationship which we’d expect to be most affected by the liberation of women—the relationship of a man and a woman in the home.

Asking them if their relationships really have been affected by the women’s movement, we brought three married couples together in the warmth of a small living room. Interesting shouting and protesting with the tinkling of ice in glasses, we filled three tapes with their sometimes-kidding, sometimes-honest answers. We reproduce the evening for you on pages four and five.

On a lighter note, we got two skinnies to write an article that should be read by every fatty—or every person that is in the least bit concerned about his or her figure (or lack of it). They talk about a way to stay in shape that most people have never given a chance. Yet gymnastics is a lot more fun than drudging through thirty sit-ups, twenty leg-lifts...or waiting ninety minutes for a tennis court. Check out their story on page six.

The writers of our third feature this month were a natural for the story...I mean, when you find two people who have come through junior high, high school and to Cal Poly together, how can you ask anyone else to write a story about friendship?

Remember your best friend? When you came to college did you still need a best friend? Did you find one? Find out what other people are thinking along the same lines. The story is right across the page.

Speaking of writers, if you are one or even if you just have an idea you think would be written up in Outpost, you can contact us by asking for Managing Editor Bill Matson or me in GA226 or by placing a note in the Outpost box in the same room. You don’t have to be on the staff to contribute.

A parting word...elections will be upon us next week. Candidates this year would do well to take a warning from Washington...and to remember that “humility comes before honor.”

JEANNE WILES
EDITOR
WITH A LITTLE HELP FROM OUR FRIENDS

"What would you do if I sang out of tune?"
"Would you walk out and leave me?"
"Lend me your ear and I'll sing you a song."
"And I'll try not to sing out of key."

I get by with a little help from my friends.

Going to try with a little help from my friends.

FRIENDS...

by ELLEN PENSKY and MARY ANN SHEPHERDSON

Photo by John Gordon

WITH A LITTLE HELP FROM OUR FRIENDS

Fred Edmundson, leaning back in his chair and resting his feet on the desk. Relaxed and friendly, Fred is a natural for rapport building with students, putting them at ease and hearing their problems as part of his job as part-time counselor with the University Counseling Service.

"There are a lot of people here who are lonely. They don't know how to meet people and make friends. Guys especially, have problems meeting girls. There's not much to do in this town, there are few places to meet others, and now they've even closed down Crazy Horse. There isn't the place so what's left? A lot of lonely people."

A friend is a horse that is fast to Saturday night.

O'Connell

The Counseling Center's solution to the problem of loneliness is assertive training. The lonely person basically has a lack of confidence, a fear of physical attraction, and a fear of rejection, according to Edmundson.

"When a student comes in for help, we encourage assertive training. It builds confidence in them and lessens the fear of rejection."

"When we think they're ready, we send them out on assignments to meet someone and make friends."

Fred Edmundson, one of the many who have gone through assertive training, commented, "It's really rewarding." Edmundson, "When students do come back and say, you know—you've really helped me. It just shows that people do need friends. I know I do. For me, high school was about the lightest—I haven't gained a true, deep-down friend since then. My friends and I changed together and we're still going through changes."

Most of the people we talked to agreed that you do need friends. It seems to be a very basic need. Having established this, we decided to ask fellow students what friends are really for.

To Fred Edmundson, a friend is "someone who's there not only during the good times, but also when it's bad."

"Sometimes though, friends have to do more than just listen. "One of the things that sticks out in my mind about my best friends is that when we were going through changes, they'd call me up and say, you know, you're doing a great job, keep it going."

"I've always known that a friend is honesty. Our generation has grown up in an age of propaganda on television, magazines and the advertising industry. We've come to mistrust so many people and for the first quarter, I was really lonely. I went home and saw my friends."

Fred's friends are mostly "shy" to talk about their problems, but they try to talk about their feelings with their friends. They try to help their friends accept rejection.

"I never do the dishes anyway!"

Friendship is a thing most necessary to life, since without friends no one can live, through possessed of all other advantages.

Aristotle

But then again, looking at my friends, I'm still not sure," he said thoughtfully.

"Friends can also help get you out of jams," chuckled Beedy, waiting outside the Home Rm building for his 10 a.m. class to begin. "I remember when I used to sneak out of the house to sleep with my boyfriend," she said confidentially.

She confessed that she used to tell her mother that she was spending the night with her friend Judy. "One time my mother called to check up on me and Judy had to make up this outlandish excuse for me. I could always count on her to cover for me." She flashed her left hand at us.

"Now Dave and I are engaged and I've asked Judy to be my Maid of Honor. She proved that a real friend will do anything for you."

In our relatives and our features and may not excite them; but we can select our clothing and our friends, and let us be careful that both fit us.

Volney Streaimer

Friends...they're for listening, taking care of you when you're drunks, making sure you're normal, and letting you sleep away with your boyfriend. The one quality we found that everyone looks for in a friend is honesty. Our generation has grown up in an aga of propaganda on plastic stereotypes pounded into us by television, magazines and the advertising industry. We've come to trust so many people and for the first quarter, I was really lonely. I went home and saw my friends."

Playing cards is one of the many ways that we never do the dishes anyway!"
"It was like the old round peg in a square hole and it just wasn't fitting...staying home may be a full, rich, rewarding life for some people, but for me personally, it was driving me up a wall."

Women's movement.

Sign of the times.

Job discrimination, pay discrimination, reverse sexism, social inequality.

Men and women are demanding a choice of lifestyle, equal pay, opportunity in all professions. Yet, in a one-to-one relationship, how much are they demanding from their man, and how much are they receiving?

Three couples—all associated with Cal Poly—got together recently to discuss the effects of the new liberation on their marriage relationships. A volatile rough session ensued with people reaching out, wanting to be understood; relating to each other.

Harve said with quiet, sincere, and sometimes painful response. Judy and Gary, married 16 years, had the luxury of retrospect. Now in their late twenties they both have watched their relationship grow and undergo radical changes. Both have worked, gone to school, and are parents of a little girl. Now, Gary, to complete his degree at Cal Poly, while Judy is the main breadwinner.

Ron, II, and Joyce, 11, are still searching into their relationship. They've been married over a year, and are checking out the opportunities and timing with new values. Joyce dropped out of college to be with Ron during his degree.

Richard and Janie: getting ready to break from the college scene and enter into the professional world. Richard is now completing his degree and is launched on his career. Janie is reaching out for her bachelor's and working part-time.

LITERATURE

OUTPOST: WHAT ARE YOUR REACTIONS TO THE MOVEMENT HAD ANY EFFORT ON THAT PART OF YOUR RELATIONSHIP?

JUDY: Ron and I do the same amounts of cleaning because we're both busy. And I don't cook at nights because I work. My mother thinks it's terrible, but it doesn't bother us. You know, we're a team. It's not my mess, it's both of ours!

GARY: I don't mind doing the dishes, I cook some meals, I change the diapers, help with the laundry, take care of our kids. Me and my little girl have a good time. Go to the beach once in a while, go to Cal Poly out to the home. I do as many dirty chores as Judy does, and I don't mind.

JUDY: But that started before the women's lib was really on its feet, because we were both working...

GARY: Sure, we've always done that.

JOYCE: Oh, I don't read any literature about women but I'm not satisfied with my present structure. I'd like to work and have children.

JUDY: I've read a few articles but I tend to stay away from them. Now it seems like they just say the same things over and over. And I think the women's lib thing should be more personal, how you can better yourself as an individual.

GARY: Most of what I've read has been written by the real radicals. Like you said, they tend to repeat themselves.

RICHARD: I don't think women's liberation is going to be achieved on a high, national level. It's going to have to be in the home and in magazine's going to help you do that.

JUDY: I agree. If you read articles, you think, "Hey, I'm not alone. Other people are thinking and doing the same thing."

JUDY: But if you're continuously getting your support from an article, you're not doing it on your own.

JUDY: Sure, but it has to start somewhere!

THE CHANGE

OUTPOST: HOW DO YOU DIVIDE UP THE WORK AT HOME? DOES THE MOVEMENT HAD ANY EFFORT ON THAT PART OF YOUR RELATIONSHIP?

JOYCE: Ron and I do the same amounts of cleaning because we're both busy. And I don't cook at nights because I work. My mother thinks it's terrible, but it doesn't bother us. You know, we're a team. It's not my mess, it's both of ours!

GARY: I don't mind doing the dishes, I cook some meals, I change the diapers, help with the laundry, take care of our kids. Me and my little girl have a good time. Go to the beach once in a while, go to Cal Poly out to the home. I do as many dirty chores as Judy does, and I don't mind.

JUDY: But that started before the women's lib was really on its feet, because we were both working...

GARY: Sure, we've always done that.

JOYCE: Well, I think a woman has to decide before she gets married, because if you get married to a guy, and you're one way, and all of a sudden you change and say, "Forget it! I'm not staying home. I'm not cleaning for you." he's sure not gonna be happy. You should discuss it before you get married.

JUDY: But you can't always do that. Though, because you don't know how you're gonna feel, six, seven, eight years down the road. What may be important to you now may not be so important later.

Your goals and lifestyles are constantly changing, so, without meaning to, you can have a complete role reversal. I did. When we got married, I wanted to stay home and have kids because that was what everybody did. Well, I stayed home and I had a kid. And now, I'm not sorry I did that, but I think there are more things in life...for me personally. I mean, staying home may be a full, rich, and rewarding life for some people, but it was driving me up a wall.

RICHARD: But was that women's lib that made the change?

JOYCE: Yes, definitely! If it had been 16 years earlier, I probably would have stiffed it, and said, "You're nuts. You're crazy. You've got everything you want. Shut up!" All I got when I was growing up was, "Stay home, watch your children. Marry a man who can take care of you."

This was what I had ingrained in me, so when I began to have these feelings that "this really isn't what I thought it'd be", I began to think I was really paranoid. It was like the old round peg in a square hole and it just wasn't fitting. If women's lib is reading articles and everything, made me see there were other women feeling the same thing and therefore, maybe I wasn't half as nutty as I thought I was.

STAYING HOME

JOYCE: Why does everyone think that a woman who stays home and has kids just sits there? You can be involved as much as you want, even if you're not working. People seem to think at least this is what I do here...that if you stay at home, you've just gonna sit there.

GARY: I used to stay home. We had a nice house and garden and half an acre. I spent all my time in the garden growing 10 different kinds of cucumbers and 10 kinds of...you laugh, but do you know how many kinds of cucumbers there are? There are lots of things to do at home. I wasn't a housewife, but I was sure in love with that garden!

JUDY: So now you know, Judy, he doesn't love you, he loves the garden!

GARY: But do you know that in modern America, there are more people whose lives are nothing more than...less than 50% satisfactory.

JUDY: People CAN just sit around...but they don't have to!

JOYCE: But I should say I'm a housewife and a mother and you think I all do all day is sit around and gossip. That really makes me mad! Women want to work knock down on me and say, "she's brainless! She doesn't know anything."

JUDY: That's the stereotype.

JUDY: That's the same as women who stay home and have children and then just knock down on women who don't want to have children.

RICHARD: Right! But I find people looking down on me because this is how I feel.

RICHARD: I think some women here are so sure that the whole thing is going to slip into a rut. No! They're going to be a team. And no matter where they do sit around and pop chocolate bon-bon, and it just, just because....

RICHARD: After a while, some people feel it's just too much of an effort to change!

RICHARD: Well, heck. Men do the same thing. They sit at the assembly line at Ford Motors and they pound rivets all day and they get into the same kind of a changing bag. Not to change the subject, but it seems to me all we've been talking about is the relationship between the sexes, not really women's liberation.

JUDY: But that has a lot to do with it!

RICHARD: Right, but you can't see
exploring high-heaven without exploring the ground first.

GARY: Hasn't women's liberation just been a job-getting thing? The jobs are what has provided the freedom for the women.

JANIE: Because now, many women don't feel financially obligated to their husband.

GARY: Exactly! But the basis for the whole thing is the professions, or the job...

RON: It seems like it's trying to destroy the home life. I mean, that's what I think Women's Lib is, it's a threat to the home life.

JANIE: No! It's to be able to do what one wants, when you want it! But again, I don't think a man would go home and ask permission for as many things as a woman does.

RICHARD: He does not bow down and scrape but...

JANIE: Yeah, but sometimes the wife does and I don't think that's fair.

RICHARD: Well, if she does, it's her own doing. If she wants to bow and scrape.

GARY: It's been the "habit" over a period of years.

RON: Well, why has it taken the women so long to "get wise"?

GARY: It's been this way all over the world, to all the many cultures. Maybe women just haven't had the guts to do something about it themselves.

JANIE: But if men are realizing the inequality, why do women get all the attention?

GARY: Aha! You're generating...there are three people in this room who don't exactly have closed minds.

JANIE: But what you say, and what you do, are sometimes two different things.

CAREERS

OUTPOST: IF YOU MEN WERE IN A POSITION WHERE YOUR WIFE'S CAREER GAVE HER MORE STATUS THAN YOURS, DO YOU THINK IT WOULD CAUSE FRUSTRATION IN YOUR MARRIAGE?

RON: Yeah.

RICHARD: It's possible.

OUTPOST: WHY?

RON: Because of my age. I have to be man of the house. It's just my existence.

GARY: Do you think you could ever change?

RON: I won't change, I won't!

GARY: It wouldn't bother me. I can honestly say that if she was the president of some company and I was just a lowly CPA, it wouldn't bother me in the least.

GARY: I'd be the proudest man in the world. I'm very confident of myself. In fact, I'd be the proudest man in the world.

RICHARD: The thing is, I wouldn't worry about it, 'cause it's not going to happen.

GARY: We've radically changed, about three times since we've been married. We've changed everything...our opinions, our attitudes, our lifestyles, our future plans...I stayed the same till I was about 25, then the change just happened. I'm not saying this will happen in anybody else, but it has happened to us. It's happened to several couples our age. When you get into a certain stage you find that it's not exactly the way you thought it would be. I've got an idea we've gonna change a whole lot more times too, before were done.

Four years ago, I still had the attitude, "I'm the boss," you know, but I've gotten to a point where I'd like to see her grow more.

RON: I think I'm contradicting myself. I'd like to see my wife have a Ph.D...

GARY: ...and establish career...

RON: Yes, and establish career...

GARY: I would like to see her using all her mental powers.

GARY: Well, if I was good at what I did—which I plan on being—it wouldn't bother me a bit if she was the best in her field...but if we were competing in the same field, I don't know, that might be different.

RICHARD: What is this higher-end career-track stuff? It's a bunch of bull you de your job best you can.

GARY: It's basically the time element about a career that bothers some couples. Do you worry about not spending enough time together if both of you have careers?

RICHARD: Don't most people get up between eight and nine and come home around five...

JANIE: You don't do that! How about the weekends and nights you work? Your career is an example of one that does not fit into an eight-to-five category.

RICHARD: Most careers don't...

JANIE: Jobs don't.

GARY: OUTPOST: DO YOU THINK, IN THE PAST, MANY WOMEN'S JOBS WERE IN THE "EIGHT-TO-FIVE CATEGORY...SO THEY COULD CONTINUE ON WITH THEIR HOME DUTIES?

RICHARD: I still think it's the same. I didn't marry my job. If I have an eight-to-five, I'm not going to bring my work home. I get married to be with my wife and our life is why we are together. If she had a career like you're talking about, that means busy, busy, busy...I'd never see her!

JOYCE: The way it is now, we hardly have enough time for each other.

NATURE

OUTPOST: NOT TO BRING POLITICS INTO THIS, BUT WHEN A WOMAN RUNS FOR PUBLIC OFFICE, WHY DO OTHER WOMEN WORK AGAINST HER...SAVING SHE SHOULD BE HOME WITH HER CHILDREN?

RICHARD: You're skipping over a few basic, biological facts...like women have babies, women carry babies, and there's no way to heaven a man's gonna nurse a baby. Women are made for that biologically.

JANIE: But I don't think women...

RICHARD: Shut up for a minute! I...

JUDY: No.

RICHARD: But women are set up for that...they are supposed...

JANIE: Children don't have to be fed by the mother...

RICHARD: Shut up for a minute! I...

JUDY: No.

RICHARD: But women are set up for that...

JANIE: Children do not have to be fed by the mother...

RICHARD: Shut up for a minute! I...

JUDY: No.

RICHARD: But when you don't, you go against nature.

JANIE: (Scream) No, you don't! You can feed it just as well...

JOYCE: But that isn't...

RICHARD: No, that's not true.

JOYCE: That isn't TRUE.

JOYCE: There's cleaning in a milk.

RICHARD: A mother's milk has more...

JANIE: They've come up with formulas that can...

RICHARD: They cannot duplicate some of the disease-preventing things a mother's milk has.

JANIE: But there are some women that are just not biologically capable of feeding their children...and those children still grow up...they still survive.

RICHARD: But the mother still has to have the kid in the first place. I mean I'm not about to have a kid. There's no way...

RICHARD: So big deal! Some people are born without legs. When I'm saying it's women are biologically set up to take care of the kid.

JUDY: That's wrong...they're set up to have them.

GARY: O.K. Well, look it. Look at it. Look at all the species. I mean, we're trying to get away from nature by building structures and all...but when we get back to nature, we'll see every species—every species it's the female that takes care of the young.

JUDY: Until they're weaned.

GARY: Exactly! O.K. When are children weaned? Three, right.

JUDY: When they're II.

RICHARD: No. It's when they're ready to go out in the world and take care of themselves. Thirteen or fourteen. In every species from birds to mammals to everything...the female takes care of the young.

JANIE: Do you expect every woman to devote, for every child she has...to devote fourteen-fifteen years of her life?

GARY: No! I don't agree with this, but I'm just bringing up a fact. I don't agree that a woman should have to stay home for that long, but what I'm bringing up is that this is probably the way nature intended it.

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**THE SHAPE OF THINGS**

I used to fit in classroom chairs. Maybe... just maybe... I’m the one who changed, not that piece of furniture. I remember a time, not really that long ago, when I was in great shape, if I do say so myself. Of course, it didn’t come naturally. I was always on the go. High school lunch breaks would find me down on the playing fields. I was in the middle of every seasonal sport, and then some. Saturday afternoons were reserved for neighborhood bar games. Spring and summer weekends provided ample opportunity for exploring. Of course, I was heavily involved in that, too, so that I might back and play in my breasted splendor.

New look at me! Cal (Call) the Poly Student’s body, I’ve added a spare tire between my head and my ankles. I have a green-check, short-sleeved linen suit, from the T-shirt I never take off. My entire life has gone to pot. And what is that poem about a bowl full of jelly? Well, it applies.

The roughest part about college life is getting up those hills to class from the parking lot. I’m still involved in the seasonal sports. Cal bags his tickets and sits in the stands with everyone else. The action is heaviest on Saturday afternoons—lifting beer cans, pulling pop-tops, tuning the TV set.

One Saturday afternoon TV session did, however, generate some activity. It was during the gymnastic competition at the Olympics. Cal was reclining on the couch, settling me into the usual form fitting sag. Then Cal tried for his third straight (twists) beaks with an empty beer can, but with a little more vigor than before. He tried to flex my muscles, but all he got was a funky sense of that ocean of flab.

It was evident, though, that something had struck home with him. Maybe he should add a little more time on me. After all, it wouldn’t hurt to be fit; it might even be fun. The key seemed to be gymnastics.

***************

Call the Poly Student’s body may just be a hypothetical character, but his reaction toward gymnastics is far from unique. The country is experiencing a mass renewal of interest in that ancient form of physical activity. Some experts pin-point the origin involving, in its more advanced stages, full, twisting back somersaults, back ones and one-quarter somersaults to back pullovers, and on. There are less strenuous seat drops, knot drops, and strength movements. It involves many areas of the body. The body is capable of a wide range of movements and it is joined functionally for toughness and finesse. In this sport, the bones, joints, and muscles all work together for the best possible combined effort.

It seems to work with the rings. The arm and chest muscles are used to propel the body, as various dips and tumbles are executed. An interesting fact about this event is the ability of people with limited leg use to achieve the most difficult feats. They must rely on the upper strength in the upper portion of the body.

One of the most enjoyable exercises consists of jumping on the trampoline. This event supposedly originated with Eskimo pastime in which several people would hold onto a large bed and toss an individual into the air. Since then, it has progressed to a highly sophisticated skill involving, in its more advanced stages, full, twisting back somersaults, back ones and one-quarter somersaults to back pullovers, and on. There are less strenuous seat drops, knot drops, and strength movements. It involves many areas of the body. The body is capable of a wide range of movements and it is joined functionally for toughness and finesse. In this sport, the bones, joints, and muscles all work together for the best possible combined effort.

The trampoline, a piece of equipment which sounds as though it belongs in tot play, can be used for support stunts or vaults. The upper body is used, particularly the arms and shoulders. Because of this individual with a leg impediment can enter this event. Records show that men paralyze down with no side- way movements. Gymnastics has its aesthetic values, too. The satisfaction and pleasure an individual can experience by completing even the simplest routine is fantastic. As one gains more body control, his self-confidence grows. So does his self-esteem.

Before tackling gymnastics full force, it’s advisable to warm up, or precondition the body. Our sedentary lives, much like training was vital. Even women were expected to be good gymnasts. Emphasis was placed on rightly-held positions and continuous movement. The individual woman was to achieve complete body control—building a body capable of responding to any demand. Gymnastics can be basic to physical fitness. It involves big muscle movements. The arms, chest, shoulders and abdomen areas of the body need to be developed to be able to appreciate other sports—gymnasts, really get a work-out. The body is capable of a wide range of movements and it is joined functionally for toughness and finesse. In this sport, the bones, joints, and muscles all work together for the best possible combined effort.
A student who would like to go all out the first day, trying everything and fearing nothing. He'll push his unprepared body right out to the limits. What happens next is predictable. His muscles ache for just long enough to convince him that the sport isn't for him. He'll stop exercising, with little or no effort. Too bad he couldn't use that mistake as a valuable learning experience and start over—the right way this time.

Calisthenics function as excellent warm-ups. One student may work out for only 30 minutes before moving on to the apparatus. Another, less active student gradually builds up his strength over a two week stretch.

When the time comes to begin actual gymnastic routines and workouts, the easiest place to begin is on the ground with tumbling and floor exercises. Of course the ground is padded with special protective mate.

Tumbling facilitates such simple maneuvers as forward and backward rolls, increasing in difficulty to one-handed, round-offs, back springs and hand springs. Floor exercises allow a broad use of imagination, a creative combination of tumbling stunts, such freedom of expression is harder to discover in the other events. Both of these activities strengthen the body and help the individual to develop timing, agility, and that all-important body control.

It has been said of the balance beam that one needs courage besides good balance and endurance. All movements that can be performed on the floor in dance, tumbling and free exercises can be used. But the catch is that the floor is long, four inches wide. Therefore all movements must be perfectly controlled. One student gymnast revealed that even though the individual is supposed to feel unrestricted, every single muscle is straining to stay on the four-inch piece of wood. Routines are judged on confidence, control, elegance and grace. The participants must look as if she had the entire floor area to work on. As well as strengthening one's courage, the balance beam is excellent for toning the entire body.

The uneven parallel bars were brought to national attention during the Olympics. Television viewers held their breath as petite female gymnasts swung with apparent ease from one bar to the other. Often the "rookie" will try, with little or no effort. Too bad he couldn't use that mistake as a valuable learning experience and start over—the right way this time.

Rope activities are also included in gymnastics. Skipping, jumping, and climbing rope build endurance and stamina and strengthen muscles. These activities can be inexpensively included in athletic conditioning programs. Rope climbing is relatively simple, but it can be advanced to various difficult degrees of skill. Rope climbing is challenging. Climbers are urged to limit the amount of time devoted to it, as well as to gradually warm up to the entire length of the rope. Be sure to learn to climb down the rope as well as upward, rope-turns resulting from a sliding motion are painful.

Cal Poly offers classes in apparatus gymnastics every quarter. Though facilities are limited now, an increase in student interest could encourage expansion of the programs. It is a good idea for beginners to sign up for the class to learn the safety essentials and basic maneuvers.

The San Luis Obispo City Recreation Department is planning to hold a course in gymnastics this summer. Several Cal Poly students will work with interested citizens. Classes may be held Monday evening from 7 to 9 p.m. It is a free work-out period with no regulated instruction.

The San Luis Obispo Gymnastics Club was formed in a gymnastic class and the shape of things is changing. We've been getting workouts, reminiscent of high school conditioning programs. It is sure to learn to climb down the rope as well as upward, rope-turns resulting from a sliding motion are painful.

---Continued on Page 8
—OUTPOST

WOMEN AND MEN...

—Continued from Page 7

t —OUTPOST

WOMEN AND MEN.

—Continued from Page 3
to be.

JANE: O.K. Well, what about the other cultures where the man takes care of the child?


RICHARD: That's an artificial thing. It's a man-established thing, not a natural thing.

RON: Also a temporary thing.

RICHARD: Women's liberation is an observation of nature.

GABBY: We've got the only ones that are damaging nature.

JANE: Well...nature may not be 100 per cent correct.

GABBY: Nature may not always be right, but it's been around for about two million years. We've been around for 500 years and we've almost destroyed it.

RICHARD: It's an evil thing to admit you're going against nature.

OUTPOST: (To men) WHAT WOULD YOU FEEL, IF YOUR WIFE GOT INTO HER CAREER AND JUST DECIDED SHE DIDN'T WANT TO HAVE ANY CHILDREN AT ALL?

RICHARD: I would be upset.

OUTPOST: (To women) WOULD YOU HAVE CHILDREN IF YOU DIDN'T EXERCISE...

—Continued from Page 7

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