New sick bay: surgery cuts parking, roads

Chinese Heritage Week officially gets underway Tuesday night with a Uve band, speeches, and a special performance of Mexican Folk Dances. The fesives were performed by the Ballet Folklorico de MECNA, a group composed entirely of students from the university.

Members from this campus are: Pat Oeaaalss, Child Development; Jose Delgado, Electronics; Jose Lopez, Transportation Engineering; and two Archibacters students, Arturo Castro and Premisee, Communication.

Chinese Heritage Week continues through Saturday featuring an Art Display in the library, a fashion show dinner Friday night at the Vet's Memorial Building—Photo by Scott Harries.

Chicanos give folk fest

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

Sponsored by the Ethnic Programming Board of the Associated Students Inc. and MECNA. the Ballet Folklorico and Teatro de la Tierra will be presented at 7 p.m. in the Cal Poly Theatre. Cost is 80 cents per person.

The Ballet Folklorico is a group of six girls and four boys, all MECNA members, who first met to organize some type of cultural committee. In January of 1971, MECNA hired a dance instructor who worked with the members until they finally learned to dance "La Bamba."

Their first accomplishment was winning the first place trophy in the California Men's Colony, Santa Maria Convention Center, Lompoc prison, La Plata of San Luis Obispo, Madonna Inn, and the Pando Robles School for Boys. Joe Campbell, Transportation Engineering; and two Architecture students, Arturo Castro and Premisee, Communication.

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Maze planned for playground

A maze beehives children to investigate in while a four foot raised platform with a ramp asks them to come up and look around. Two post 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 scraped since Taylor needs to have it completed before the quarter ends.

Less that half of the 11800 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 home-made by parents and teachers."

Last week the Children's Center raised 717 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 seesaw that got donated but, according to Mrs. Conen these are not enough to keep all 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."

Anybody 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.

Moog synthetizer helps musicians create sound

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. Moog Music Incorporated.

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

The Moog synthesizer is controlled by an oscillator which creates the sound and the oscillator controls the triggering of the filter and the volume.

by JOAN CAMPBELL

One of Newton's laws states that for every action there is an equal and opposite reaction. Thus, this 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 cul-de-sac for ambulance services.

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

Construction of the new additions for the facility will require about a 14-month period—from May to Fall of '74. The size of the facility will be nearly doubled, adding 15,000 sq. ft. to the present facility. The addition will include five new departments, 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 8,000 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 $880,805 with an additional cost of $119,000 for equipment. The contractor is Don Greene of Santa Barbara.

OUTPOST takes a look at friendship: pay inside
**Outpost Positions**

Outpost magazine will accept applications for the positions of editor, managing editor, and advertising-business manager for the 1974 school year until Thursday, May 30. Applicants should contact Don Holt, Outpost advisor in Graphic Arts.

**Christianity is for Today**


Member of the Christian Science Board of Lectureship. Hear how Christian Science can alter our lives today.

**Sunday, May 6th, at 7:30 p.m.**

First Church of Christ, Scientist, San Luis Obispo. Parking in our lot.

**Jon Harrison - Pres.**

**Scott Plotkin - V-pres.**

**Outpost** Magazine will accept applications for the positions of managing editor, art director, and advertising-business manager. Applicants should contact Don Holt, Outpost advisor in Graphic Arts.

**Texas Instruments** is continuing to pioneer advanced semiconductor technologies which will revolutionize the electronics industry. We need a rare kind of sales engineer who can interpret these major developments to customers well versed in the state-of-the-art.

This takes a strong technical electronics background. Enough to understand and stay in close touch with design developments at the home plant, and the technical ability to apply new semiconductor concepts to key, customer input. You will be responsible for managing one to two million dollars per year semiconductor business.

We will supplement successful candidates with formal education at a training program at our facilities in Dallas or Houston, Texas. The majority of this time will be spent in real world work assignments learning Texas Instruments in general and semiconductor activities in particular. Upon completion of this 8 month program, placement will be in one of the major metropolitan areas of the United States.

For further information, please contact and send a resume to:

Bob Weller, District Manager
Texas Instruments Inc.
783 N. Pastoria
Bunnyville, California 94068
(408) 723-1860

**Mood** chemist to give lecture

Dr. William N. 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 directions of current research on brain functions.

Dr. Brown is visiting this campus this spring as a special guest lecturer and is an acknowledged 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 East at 8 p.m. and is open to all interested people free of charge.
Parade float contest launched

Synthesizer is a new concept in rock music...

(Continued from Page 1)

the Moog Sonic and the advance was In 1914, by a

Russian, Leon Theremin, who

produced a melodic performance instrument. This instrument was

a box that contained electrodes

having antennas that projected

creating their album, Trilogy,

used the Moog sound synthesizer.

Its place In the music Industry.

Composer! tried for many

and tried various ex­

periments to expand material (or

whistling electronic sounds.

In rock music ...

Many (eel It will definitely take

Leslie, used the Moog sound synthesizer.

of entries aubmitted by one

person. All entries must be at the

contest are available In the

Library Foyer and Activities

University Union Activities

Planning Center before 3 p.m.

May 15.

Rules and entry blanks for the

contest are available In the

Library Foyer and Activities

Planning Center.

For more information call Joan

Anderson 814-8308 or Gary Ford

662-3068.

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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.

And there's a calculator that's

ideal for college students - the
Texas Instruments SR-10. It's got the
functions you need, at a price you can
afford. It's one of the best investments
you can make in your education.

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roots, - makes the problem

at the touch of a

key - as well as addition,

subtraction, multiplication, division.

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1,0000000 x 10^-10 to 9.999999

10^9.

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it in the problem, it's automatic

in the answer.

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most out of your studies. Then use

it the way you'll use your other

educational investments - in your career. An SR-10

will serve you well for a

long time.

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where applicable.) Use the SR-10 for 15 days, then

if you decide not to keep it, just return it (in original

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Dallas, Texas 75231
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 through Saturday on the courts behind the North Gym.

Action will be initiated today at 11 a.m. when the defending champion Mustangs take on California State University, Northridge. Both teams are now 3-1 in the league as is California at Riverside, (0-4), also at BiBO.

Bakersfield challenges the Mustangs ware faoed with a do-or-die situation with themselves and Northridge the only competitors with a chance at the crown. The defending champioh Northridge go at Fullarton and the West Coast Conference.

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"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 OA. 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 since 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-busters 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 bedroom.

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 sinking 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 Mathes 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."
WITH A LITTLE HELP FROM OUR FRIENDS

by ELLEN PENSKY and MARY ANN SHEPARDSON

Spring quarter. Classes held outside. Blue skies and sunshine... And hopefully, a new friend or two met over a beer at a Friday afternoon tiki. Friends. It's as old as Adam and Eve. This was used it as the subject of many of his works, and other poets, authors and songwriters alike have expended upon it for decades.

Remember going through the stages of Beatlemania, crying out with Ringo Starr for "a little help in my friends." And of course shedding a tear when James Taylor's friend was down and troubled and needed a helping hand. Telling to other students, we discovered that friendship seems to be as important... as an egg to a cake mix (who makes cakes from scratch nowadays anyway?).

Without the egg, the cake lacks the richness and smooth texture that makes your taste buds. Let's face it—without our friends, it's a lot harder to get by. Washing the dishes in their apartment, overlooking Football Boulevard one day last week, Elaine and Marian remembered back to junior high when they knew each other, but never made the effort to be friends. Their paths crossed in high school when both became involved with the school newspaper. "But we ran in different crowds and were satisfied with our own separate worlds," explained Marian, handing Elaine a dish to dry.

"Yeah, it was really funny, without telling each other we both happened to apply at Cal Poly. Hey, hand me another dry dish towel, will ya?" asked Elaine. "When we first got to college, everything was totally new. Neither one of us knew anyone else, so we were kinda forced to stick together."

"We were a lot different in high school," interpreted Marian. "But in college the experiences we shared helped us to look at it in the same direction. We soon imagined we'd be as close as we are now, living together, working together, writing together."

Marian screamed as the dish hit the floor and shattered. "Not again, you lamers!"

"Why should you care?" retorted Elaine. "I never do the dishes anyway!"

Fred Edmundson, leaping back in his chair and resting his feet on the desk. Relaxed and friendly, Fred is a natural for ranging 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 makes friends. Guy's 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. The other bar isn't the place so what's left? A lot of lonely people.

A friend is a honey bee on 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 Ed.

"When a student comes in for help, we encourage assertive training. It builds confidence in them and lessens fears of others holding situations. We try to help them accept rejection," he explained.

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

Join is one of the many who have gone through assertive training. "I came to Poly last year from a small town near Bakersfield," he declared, leaning out the window of his truck and pulling his hat lower to protect his eyes from the sun.

"Everyone at my high school grew up together, and I was the only one of my group to break away. Naturally, I had trouble meeting people, and for the first quarter, I was really lonely. I went home to simple-minded, but close, town wasn't the same. Things had gone on line without me, and I just couldn't take it. All the time, I was taking a Psych class and we saw a demonstration on assertive training. At first it was really hard for me, but when I met Marita, I gained a lot of confidence. She was my first friend here, and through her it was easier to meet other people. I haven't gone back to assertive training, but I really think it's a good program—so really helped me."

"It's really rewarding," commented Edmundson. "When students do come back and say, you know—er, you've really helped me. It just shows that people do need friends. I know I do. For me, high school was about the tightest—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 bad times, but also when it's best. Someone who will take the time to listen."

Sometimes though, friends have to do more than just listen. "One of the main problems that stick out in my mind about my best friend is the first time we got drunk together," related sophomore Denise, recalling some fun one afternoon in the plaza. "I got really sick all over the place—I was a mess. I don't know what I would have done if my friend hadn't been there. She gave me clean clothes and washed my hair and put me to bed. That's what friends are for."

The song from beginning to end, I found again in the heart of a friend.

HENRY WADSWORTH LONGFELLOW

Standing in front of Stacie West, physics major, she stood in front of the student, her eyes gleaming with excitement.

"Friends are rarely easy to talk to, least try to," he yelled. "To compare feelings with, to make sure you're normal, but then again, looking at my friends, I'm still not sure," she asserted.

"Friends can also help you get out of jams," chuckled Becky, waiting outside the Home Rco building for her 10 a.m. class to begin. "I remember when I used to knock 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."

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

VOLNEY STREAMER

Friends... they're for listening, taking care of you when you're drunk, making sure you're normal, and letting you sleep away to your boyfriend. The one quality we found that everyone looks for in a friend is honesty. Our generation has grown up in an age of propaganda on plastic stereotypes pounded into us by television, magazines and the advertising industry. We're come to turn to friends for the only truthfulness we can find. And even though it may be true that anyone can make a friend, friendship will always be something special because you know that—"winter, spring, summer or fall, all you have to do is call, and I'll be there. You've got a friend."

Laughter echoed beginning for each of these friends, and life went on for the best.
“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, Rebellion or reality?

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 rap session ensued with people reaching out, wanting to be understood; relating to each other.

Herb faced with quiet, sincere and sometimes painful response. Judy and Gary, married 9 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, IJ, are still facing into their relationship. They've been married over a year, and are checking out the opportunities and finding with new values. Joyce dropped out of college to help Gary complete his degree. Richard and Jane: getting ready to break from the college scene and enter into the professional world. Richard has completed his degree and is launched on a career. Janie, is reaching out for her bachelor's and working part time.

LITERATURE

OUTPOST: WHAT ARE YOUR REACTIONS TO THIS READING?

OUTPOST: READ LITERATURE ON WOMEN'S

LITERATURE!

Does it make you dissatisfied with your present situation or does it make you appreciate what you have?

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

JANIE: 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 woman’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.

JANIE: I think women’s liberation is going to be achieved on a high, national level. It’s gonna have to be in the home and in magazine’s going to help you do that.

JUDY: I disagree. If you read articles, you think, ‘Hey, I’m not alone. Other people are thinking and doing the same thing.’

JANIE: 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? THE MOVEMENT HAD ANY EFFECT ON THAT PART OF YOUR RELATIONSHIP?

JOYCE: Ron and I do the same amount of cleaning because we’re both busy. I don’t cook at night 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 man, 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 kid. 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 thing was really in name, 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 stayin’ home.” I’m not cleanin’ for you.” She’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 might not be 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 stifled it, and said, “You’re nuts. You’re crazy. You’ve got everything you want. Shut up!” All my life I’ve been 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 me, this isn’t as cool as 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. In women’s lib a reading articles and everything, made me see where 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 insist 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 get here—that if you stay home, you’re 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 16 different kinds of cucumbers and 50 kinds of...you laugh, but do you know how many kinds of cumber 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!

JANIE: 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...than little gossip sessions?

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 all I 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.

JANIE: That’s the same as women who stay at home and have children and then look down on women who don’t want to have children.

RICHARD: Right, but I find people knocking down on me because this is how I feel.

RICHARD: I think some women have allowed themselves to slip into a rut, where they do all around and pop chocolate bon-bons, and it...just because....

JANIE: But I think 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 on 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.

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

RICHARD: Right, but you can’t...
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 woman...

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! 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 scrap 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"?

RICHARD: Because they're set up for it.

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 friction 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, I wouldn't bother me in the least.

RICHARD: Just have I can't believe it, either.

GARY: We've radically changed, about three times since we've been married. We've changed everything...our opinions, our attitudes, our lifestyle, everything...

JON: I stayed the same all I was about 35, 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 state you find that it's not exactly the way you thought it would be. I've got an idea we've gonna change a couple of more times too, before we're even through.

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.

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

GARY: ...and even...a Ph.D.

RICHARD: You'd like to see her using all her mental powers.

GARY: Well, if I was good at what I did, I'd like to see my wife have a Ph.D.

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

GARY: But you did well at what I did—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-echelon career-ladder stuff? It's a bunch of bull.

You do your best job you can.

OUTPOST: It is basically the time element...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.

GARY: Most careers don't...

JANIE: Jobs do not careers.

OUTPOST: Do you think, in the past, many women's jobs were in the right-to-five "invisible" category...so they could continue with their home duties?

RON: 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? Saying she should be home with her children?

RICHARD: You're skipping over a few basic, biological facts...like women have children, women carry babies, and there's no way to have 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!

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: 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 man's milk.

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

JANIE: They've come up with formula 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 these children still grow up. They still survive.

RON: 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 to a woman biologically set up to care of the kid.

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

GARY: OK. Well, look it. Look!

OUTPOST: If a mother's milk has more...

JUDY: Look! 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 our roots...every species—every species it's the female that takes care of the young.

When they're weaned.

GARY: ecstatically! OK. When are children weaned?

GARY: Throw, right.

JUDY: When they're 11.

RICHARD: No, it's when they're ready to go to 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: I don't disagree 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...Continued on Page 8
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 found me down on the playing fields. I was in the middle of every seasonal sport, and then some. Saturday afternoons were reserved for neighborhood ball games. Spring and summer weekends provided ample opportunity for football. In the former, I was fearless, not so that I might kick and play in my breadcrumb splendor.

Now look at me! I am Cal (Call) the Poly Student's body. I've added a spare tire between my head and my ankles. I have a cowcatcher, short-armed tan line, from the T-shirt I never take off. My clothes have 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 clense from the parking lot. I'm still involved in the seasonal sports, Cal buys 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 championship at the Olympics. Cal was reclining on the couch, settling me into the usual form-fitting sag. Then Cal tried for his third straight (twice) beak with an empty beer can, but with a little more vigor than before. He tried to fix my muscles, but all he got was a deep sound that neither of our minds.

It was evident, though, that something had struck home with him. Maybe he sensed I was having a mass renewal of interest in that ancient form of physical activity. Some experts pin-point the onset of this to coincide with the Olympics undergone its major transformation in the world of gymnastics. It involves "big muscle movements." The arms, chest, shoulders and abdomen area of the body experience a mass renewal of interest. Since then, it has progressed to a highly sophisticated skill involving, in its more advanced stages, full, twisting back somersaults, back handsprings, one-quarter, and one-quarter somersaults to back pullovers, and so on. There are less strenuous seat drops, knee drops, and even the basic back, which sounds as though it belongs in tot school lunches.

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 satisfaction.

Before tackling gymnastics full force, it's advisable to warm up, or precondition. Each muscle group should be warmed up, or preconditioned before entering the gym. The aim is to get the body prepared for the work to come. It's advisable to do some basic stretching exercises, such as the leg lifts, sit-ups, and so on. Once the body is warmed up, the gymnastics exercises can be started.

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 satisfaction.
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 mats.

Tumbling facilitates such simple maneuvers as forward and backward rolls, increasing in difficulty to earth wheels, round-off, back springs and hand springs. Floor exercises allow a broad use of imagination, a creative combination of tumbling starts, such freedom of expression is harder to discover in the other activities. Both of these activities strengthen the hand 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 confidence. All movements can be performed on the floor in dance, tumbling and free exercise can be used. But the student is apt to feel undervalued, every single muscle is strained to stay on the four-inch strip of wood. So students must look as if they 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 breaths as petite females swung with apparent ease from one bar to the other, often including flips and midair somersaults in their routines. The parallel bars develop strength and endurance in the arms and upper body. A sense of balance and timing is needed to coordinate movement from one bar to the other. 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 skipping 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, 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 safety essentials and basic movements.

The San Luis Obispo City Recreation Department is planning to hold courses in gymnastics this summer. Several Cal Poly coeds will work with interested citizens. Classes start Monday evening from 7 to 9 p.m. It is a true work-out period with an regulated instruction.

Curl enrolled in a gymnastic class and the shape of things is changing. I've been getting workouts, reminiscent of high school physical education.

—Continued on Page 8
OUTPOST

WOMEN AND MEN...

—Continued from Page 7...

JANIE: OK. Well, what about the other culture where the man takes care of the child?
RICHARD: That's an artificial thing. It's a man-established thing, not a natural thing.
RICHARD: Also, a temporary thing.
RICHARD: Women's liberation is an aberration of nature.
GARY: We're the only one that disrupts nature.
JANIE: Well... nature may not be 100 per cent correct.
GARY: Nature may not always be right, but it's been around for about two million years. We've been around for 200,000 years and we've almost destroyed it.
RICHARD: It's an awful thing to admit you're going against nature.

OUTPOST: TO MEN! WHAT WOULD YOU DO 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...

RICHARD: You think you are.
JOYCE: No, I really am different.
RICHARD: But are you really?
JOYCE: Yes.
RICHARD: Where's your proof?
JOYCE: I walk around in my house nude.