Alcoholism on Campus
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Dinner Nightly
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Happy Hour
Fridays 4:30 - 6:00
with entertainment
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Visit our new restaurant
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Historical church built in 1896
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William A. Attaie, Editor

Some have said that alcoholism is a
great problem on this campus. Yet
april is the only drink that has come
close to a "seven high" since I've been
here. No beer, wine, or hard stuff is
even allowed on campus. So how
come the problem? It's an easy one to
realise if you think about it for a
moment.

After a week of classes, most
students need a rest. They want and
desperately require something to
relieve the anxiety, frustration, and
sometimes boredom that has been built
up in the past week.

There are concerts, a large portion of
which come to poly because they're
not wanted anywhere else. And
students go to them because there's
not much else to do on a saturday
night.

But...I take that back. There is
hope for students who can't find room
at University games, the local bowling
alleys, or concerts. San Luis Obispo
does have bars. And you know what,
they allow students to do the only thing
there is to do around here...drink.

Fortunately with problems such as
these, there are solutions. For one
thing, many students enjoy dancing.
But there isn't enough room in San Luis
Obispo to accommodate many people.
Remember Crazy Horse out on broad
Street last year

There was dancing, and also
thousands of people, traffic jams, and
eventually black and white cars
chasing everyone from the building
and shutting its doors. Students liked
this place but there wasn't room for
everyone.

Most of you have already experienced
these problems. But, perhaps,
someday, someone will build a place
where college students of all ages can
hang out.

This may alleviate some of the
chronic drinking. In any case,
alcoholism is still a threat to many
people here.

We at outpost have tried to present a
real picture of alcoholism. Months ago
an alcohol abuse committee was set-up
to look into the problem on campus.

We went to this committee for
information, talked to people on and
campus, and developed this issue.
Read the articles. Then try to think
before you drink.

William A. Attaie, Editor
"Well, of all the nerve," exclaimed the tall red-headed girl rather disdainfully. She glared directly into the bartender's eyes and glancing at her driver's license. The bartender quickly glanced at her ID and apologetically offered her a beer. He didn't like making a scene but he had to have proof. The girl grabbed her beer and joined her friends, laughingly relating the incident.

In another part of town, a stylishly dressed couple out for a night ordered an elegant dinner of prime rib complete with a bottle of Patina Rose. Without asking their age, the waiter served the wine. The couple enjoyed the dinner remarking how much flavor it had added.

A couple of coeds entered into a local nightclub without realizing that they had forgotten their ID's. The bouncer informed them that they could come in but were not allowed to drink. Their hands were stamped accordingly and they looked forward to dancing and drinking with friends. As the night progressed, the girls got braver and began drinking out of a friend's glass. They were pleasantly "high" before the night was over.

Sound familiar? These incidents could happen on any typical Saturday night in San Luis. Yet each of the people who indulged in these activities could find themselves sentenced to six months in jail because they are under 21 and illegally consuming alcohol. They regarded the drinking laws as obsolete and joined the countless others around town who get away with it when they can.

Under-age drinking is no secret. Bartenders admit that increasing numbers of minors are getting away with it and the National Commission of Marijuana and Drug Abuse tells us that drinking is now being done at an earlier age than ever before. In fact, experts say that 40 per cent of young people now take a drink before the age of 11. And at colleges, TG's permit flowing age to all of those with a dollar in their hand.

Nevertheless, the legal drinking age remains at 21 and will probably stay that way for a long time. The bill designed to put the 18-year-old drinking on the November ballot was tabled and the author, Assemblyman Robert Nimmo, sees an initiative as the only alternative. But it means gathering a total of 400,000 signatures of registered voters by April 18 before it even reaches the ballot.

In the meantime, as in past generations, minors are finding their own solutions to getting to the bottle. The challenge of drinking illegally is always there. It seems to get stronger, the closer you get to 21. Nowadays, minors still stand outside liquor stores, still forget their licenses in the car and still bootleg in the basement. Anything for a drink. Even in an era of marijuana, hashish and cocaine, a good fake ID is worth a great deal.

After much stammering, the long-haired sophomore took another sip of his beer and admitted that he gets his boost with a fake ID from San Francisco. "If you want anything good, you gotta go to the City," he said. "My license only cost 85.00 and with two years left to go before I'm legal, it's worth it."
His long-haired companion, who is proud of his local connections, showed off his fake ID which he bought in town from a "friend." Others who don't have the connections of these two guys often must falsify their own licenses by typing in a different birthdate.

To solve the problem of getting a clean-looking license, they should meet John, a bright likeable guy who makes a profit off of selling false IDs to friends. John recently turned 21 himself and had to throw his own license to friends. John recently turned 21 himself and had to throw his masterpiece away, but he is still willing to help those who have yet to reach "maturity."

He got into the business when he saw the poor job that a friend did on his own license and figured that he could do it better. He does. Many of his friends and acquaintances will testify to that.

His technique involves taking a piece of ad paper from a publication like Rolling Stone, cutting out a square, and matching it to the original date with a fine point black pen. The secret is that the number is stuck on with a drop of honey or marshmallow and can be removed whenever necessary.

"You just stick it on when you want to go to a bar," adds John mischievously. "We do it all the time and have never gotten caught. Just make sure it looks good. The main thing is not to butcher your license."

Many local minors, though, don't take the trouble to tamper with their IDs and they still find a way to drink. They know the right bars to frequent. The bartenders seem to know what's going on, but often find it hard to control. Are they torn between right and wrong? They need the business from the college kids, yet they respect the authority of the Alcoholic Beverage Commission.

The funny thing is that on a slow night in San Luis, when there isn't anything on TV and you've already seen the four movies in town, anything can happen—and it often does. The local liquor establishment workers are the first ones to admit that they've seen all the under-age drinking.

In the middle of a Friday afternoon rush, Corn 'N Bottle clerk Ed Kouasy explains that it is usually easy to tell an under-age drinker. Their hands are shaking and they get fussy looking for the beer. They're the type of guy who will go back to the car to get their license, but then again we don't have our liquor license taken away either. A few may squeeze in, but it's hard to get away with it," he added.

Under the pressure of the Alcoholic Beverage Commission, the Cigar Factory has tried to cut down on its under-age customers. If a bartender is unsure of a potential customer, he is authorized to hand out a mimeographed warning. When the minor signs the form, it can be used as court evidence against him. It also informs him of the $500 fine and six months' jail punishment for illegal drinking.

"When things like that happen, we usually ask the people to leave," added a co-worker. "But we know that under-age drinking does go on and often times, we can't help it."

His job is often hectic, but he likes it and won't take any risks serving to minors. "I can usually sense the age and if I have any doubts about it, I won't let them in. Even if they're friends of mine and they have a fake ID, they can't drink here," he added, handing the sunrise to the customer.

Under-age drinkers don't have quite as hard a time getting served at other local bars, where the clerks check everyone "depending on the mood of the time."

"We don't like to have to do it at the Darkroom," said employee Lee Strong, stealing a minute to sip a beer, "but what are you going to do? We could get busted for $500 and the ABC could close the place down. They slapped a big fine on the Golden West Bar on South Higuera and they could do it to us." Lee also admitted that he has a certain feeling about who is old enough to drink and who isn't and that he has been working long enough to know all the tricks.

He recalled the times he's seen groups of guys all come in together as they can't be individually checked, or times that girls order coconuts and then drink beer out of the same glass.

"When things like that happen, we usually ask the people to leave," added a co-worker. "But we know that under-age drinking does go on and often times, we can't help it."

"The A.B.C. will close down the place for 30 days, people will be out of work and the guys will go bankrupt."
Yes, drinking around San Luis is not a big problem. Even if you're not 21, you can sneak away with it at local bars or get a good fake ID for other places. But the college kids and seem to deny them service because of threats from the Alcoholic Beverage Commission. Yet, why do these under age drinkers have to sneak away with it? They don't have to sneak into voting booths, illegally sign contracts or get to blame their parents they are accused of a crime. The 16, 17, and 18 year-olds are not at all responsible for anything they want to do—except go drinking at a bar with an older friend. Most will admit they enjoy drinking after a hard week of studying. But, the enforcement isn't there when you have to continually worry about getting kicked out.

The existing drinking laws are terribly outdated and need to be changed. Other states have already changed them. California can do it.

The first thing to do is to go out and support Assemblyman Nimmo's initiative to put it on the November ballot and the second thing to do is have a drink.

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I am an alcoholic.

I hate to admit it but it's true. I used to run away from it; I guess I still do, as I run away from everything. One day a friend and I got to talking and it all came out...I was shocked. I really was, that I was an alcoholic. Yet, it was a relief that someone knew I drank too much. It helped to talk about it, but I'm hooked and can't get away from it.

You may wonder how a 21 year-old co-ed can be an alcoholic. I wonder myself sometimes. It is hard to explain to someone who has never experienced the burning desire to drink.

I'm not the falling-down-drunk alcoholic...although at times I get that way. I'm the drink-by-yourself, hide-it type. Who can say which is worse?

I've been drinking a lot since high school. My parents are both alcoholics and so I've been exposed to drinking all my life. I had my first drink of beer, when I was four and it was good.

In high school it was the next thing to do. Drink, and get away with it. A friend and I used to get drunk every chance we got. When I was depressed, drinking made me feel happier. I could laugh and make other people laugh too.

When I got to college I went crazy. With all the freedom I thought now I can do what I like—when I like. Being away from home made me think I could handle myself better. Although I was pretty independent in high school, being 850 miles away from parents makes a difference.

Drugs also became an integral part of existence for me. I was getting stoned and dropping mascoline. We'd go out almost every night and get loaded or something...that surely didn't help me in school. It seems I have an inner desire to hurt myself.

Who would guess, at the time, that I was on the path to addiction? I really think alcoholism is addiction. I have a compulsion to drink. I can't stop drinking totally. I'm addicted.

When I arrived at Cal Poly, I stopped drinking outright. I don't hang around with a drinking crowd, although I have been to some parties. I figure that if I'm not around drinking, I won't have the tendency to do it as much...

Sometimes I feel like a hypocrite because I get so disgusted with my parents, and with guys who talk about nothing else but "how drunk they got last night." I must be pretty disgusting myself. That's why I drink...I don't like myself and I can't handle it.

Drinking is like a vicious circle. I drink to forget my troubles and to shun responsibility. A madness builds up in me, and I hate myself even more...so I drink and I'm best to where I started.

The World Health Organisation once said in a paper, people can be chronic alcoholics without ever showing symptoms. That's me. Although I show signs of alcoholism no one seems to detect them but me, so I figure I'm pretty safe.

I'm usually a happy person. Although I'm moody, it's mostly due to my drinking. People just think I'm moody because I am. I hope all this is making sense to you...

Thinking about getting in an accident while high scares me, but you never think about that when you start drinking. You just need a drink...

We have wine in our refrigerator at home that I drink a hard day...or after an easy one. Once I got very upset and there was nothing around to drink but the cooking sherry. I drank it!
It is hard to tell you all of this, yet it makes me a little
deceived about myself. I watched a TV movie the
other night, The Morning After with Dick an Dyke as an
alcoholic who won't admit it. When he does he has already
wasted his life....and his family's.
That movie made me think. I could see myself in it. That
boy had some deep emotional problems and no one listened
to him. He thought he was no good and super-inadequate.
The people around him thought he was ok because he had
a good job, a nice house, and a nice family. Too many
people think everything is fine if someone is smiling.
I take tranquilizers too. When I've got responsibilities and
don't want to face them, I take a tranquilizer or two. It has
nothing to do with maturity. I have a lot of responsibility;
sides school, there is work and some clubs on campus.
Some rely on me for counseling and help.
There is another area where I'm a hypocrite; it seems
wrong that I could counsel others when I can't help
myself. When you're an alcoholic you can become good at
being. Sometimes it is easier to deal with others
problems than your own....it's like you know the answers
but you can't apply them to yourself.
What happens after graduation? Is something that has
going through my mind for awhile. I'll be by myself
here and probably won't have as many friends. I'm not
looking forward to leaving school...I'm afraid it'll just get
worse.
I've thought about getting professional help but I just
don't. Maybe it's pride but I think too many people would
think I'm nuts...my parents, too.
What I want is someone to really love me, someone to hold
me and say "Hey, it will be alright. We'll get through this..."-
someone who really wants to know me and really cares why
I think.
I know way down in the depth of my mind and heart that
God can help me with all this....with myself. It is just a
matter of letting Him.
Why can't I let Him?
We're trying to help

by Lynette Bayless

It is Friday afternoon. Tom is done with classes for the week. He does not have anything really important to occupy his time, so he calls a friend and they head for "Happy Hour" at the corner bar.

Francine sits alone on the couch in her small apartment. It has been a rough week. She broke up with her boyfriend on Monday; she somehow filled the empty hours for the past six months. Francine considered heading home in Monterey for the weekend, but she does not feel as though she belongs at home anymore. Sometimes she feels as if she does not belong at school either. She opens the door of the yellow refrigerator and reaches for the bottle of wine.

On Fridays, the Health Center becomes busier than usual with casualties from over-indulging students. Their business increases due to alcohol-induced mishaps...

A recent study completed by the University of California School of Public Health reported that the age group between 11 and 14 experience the greatest prevalence of all drinking problems.

It all starts to one fact: ALCOHOL IS THE NUMBER ONE DRUG PROBLEM ON THE COLLEGE CAMPUS TODAY.

Some experts say that during the college years, attitudes toward drinking and its place in the life of the individual are formed. In an attempt to provide for successful health education concerning alcohol, the Health Center began an Alcohol Education Program last October.

The Health Center is concerned with identifying the extent of the alcoholism problem here. An effective, preventative, and educational program, designed to meet the needs of the students at Cal Poly, can then be instituted.

Dr. Billy Mounts, a stylish physician and director of the campus Health Center, leans back in his chair and explains.

"In trying to identify the alcoholism problem on campus without any preconceived ideas, we are in a sense going to wiggle our toes through the sand until we hit a rock. We are trying to find the reality of the problem."

Mike Looney, a 23-year-old graduate student working toward his Master's in psychology, was hired as co-ordinator for the Alcohol Education Program. Mike's salary and the program are financed through the Health Center from its budget for preventive medicine and health education programs.

"From the Alcohol Education Program's findings it is hoped a health education package can be put together for the entire university. Department heads have been contacted. Faculty, students, and various clubs have been called to the Health Center to brainstorm the problem. Research is being conducted and classes in drug abuse are being considered."

Dr. Lao Pliner, a social science professor, is looking to conduct a survey on campus during Spring Quarter to help identify the alcoholism problem.

"The administration already had its mind made up about the alcoholism problem on this campus. I do not want any advance publicity on the survey I will be conducting because I do not want students to be biased before the survey is handed out," he explains in his frank, but critical manner.

The professor will have the results of the survey late this summer.

A colloquium, a seminar, in which several lecturers speak, is also in the planning stages. It is to be held Spring Quarter. Keynote speakers would be student alcoholics, persons from Alcoholics Anonymous, and others involved in the alcohol problem. Students, faculty, staff members and the community would be invited to take part in both the lectures and small group discussions.

The brainstorming, the researching, the probing, and the planning of the colloquium are all in an effort to come up with an effective health education program for the prevention of alcohol-related problems. To get to the root of the problem the question must be asked: Why do students drink?

There are many reasons for the drinking problem.

Problems in interpersonal relationships include pressures from school, peers and parents. Boyfriend or girlfriend problems can be confusing and frustrating; they are often blamed for driving one to drink. In France and research for temporary tranquility she feels she will not suffer from the pangs of loneliness if she is attempting to reach oblivion.

Other reasons have been given for increased alcohol abuse. Alcohol is readily available and it is legal. One may feel safer with a bottle than with other drugs; because alcohol is not generally looked upon as an addictive. Alcohol is more socially acceptable than other drugs.

It is hoped that an increased awareness of this age-old problem can reduce the number of lives destroyed by alcoholism. Over nine million Americans in the United States today are alcoholics. Ten percent of all social drinkers will become alcoholics.

If you are aware of any alcohol problems, please contact the Health Center. Cal Poly is trying to help.
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"Ale is the stuff to drink
For those whom it hurts to think."

A.E. Housman

This is not a story, but then again it is. It's an essay, but then again it is not.

Actually, this is an expose, an expose about alcohol. There is no attempt, herein, to sway the reader’s feelings about drinking.

This article is merely designed to examine the ideas other men, throughout history, have had about the loved and loathed liquid.

First as an overall perspective, there seems to be three different and general attitudes in the philosophies about drinking.

The writings of some men hold fast to the idea that drinking is a method of escape, a route out of the real world and into a self-induced utopia. To them wine is "happy juice."

Those on the other side of the schism, however, seem to think that alcohol acts as an intensification of the real world. According to them, wine washes away the trivia to get to the truth. These men hold with the Roman philosophy, "In vino veritas" (in wine, truth).
The third group views alcohol as an unpredictable antagonist of human emotions. They believe it sometimes makes a person happy, and at other times, makes that person sad.

In this light, boozes has become a joking matter to some, a serious matter to others, a matter of little importance to the rest. The liquid has drawn many different remarks from many great (or not so great) thinkers and drinkers throughout history.

The Greeks, whose wine harvest festivals lasted weeks at a time and who originated the saying “either let him drink or let him depart,” were keen thinkers and great drinkers. Diogenes, one of the thinkers, made this observation of alcohol: “The vine bears three kinds of grapes: the first pleasure, the second of intoxication, and the third of disgust.”

The “three faces of wine” were recognized long ago, also, by the Japanese. One of their oldest proverbs is “At first one man drinks wine; at the second one wine drinks him; and at the third one wine drinks man.”

The Bible makes many references to alcohol. Probably the most famous and frequently used quote is that of Jesus Christ, who, at the Last Supper, said this of wine: “This is my blood.”

Another frequently used quote from the Bible dealing with wine is: “Wine a mocker and strong drink is raging. Whosoever is deceived thereby is a fool.”

The observations of modern men, who are often just as serious as the ancients, are usually projected in a more light-hearted manner than the Bible provides, though most of them are not as disconcerted as the philosophies of comedian Dean Martin, who said, “I don’t have a drinking problem....except when the bars close.”

A.E. Houman, who maintained drinking as one of his favorite poetic themes, wrote this in his poem “Terence This is Billy Stuff”: “Malt does more than Milton to justify God’s ways to men.”

The poet John Masefield also gave considerable amount of credit to the persuasive power of alcohol. “Gentle ale makes floors seem like the ceiling.”

Though philosopher Thomas Bewkes once said, “When the wine is in the wine is out.” The witty man of words, Ogden Nash, was able to include alcohol and still keep his wits about him in this quip: “Candy is dandy but licker is quicker.”
Writer Thomas Fuller once scolded those who spend more time at the bar than on the job. He wrote, "He is drinking at the Harrow when he should be at the plough." But one of America's favorite philosophers, Mark Twain, as if offended by the scolding, said "Every man that had any respect for himself would have got drunk."

The "sweet young thing" posted on posters throughout the prohibition to symbolize the sobriety of the times warned, "Lips that touch liquor will never touch mine." But the poet E.A. Robinson knew such threats would not stop some men from quaffing crazy water, as typified by his character Miniver Cheevy:

"Miniver Cheevy, Born too late, Scratched his head and kept on thinking:

Miniver coughed and called it fate
And kept on drinking."

Like Housman and Robinson the poet Owen Wister also saw a correlation between thinking and drinking. He displays this observation in this delightfully disrespectful little poem about two of the greatest thinkers:

"Said Aristotle unto Plato
'Have another sweet potato.'
Said Plato unto Aristotle
'Thank you, I prefer the bottle.'

Henry Wadsworth Longfellow implied liquor is a disguise acting under the guise of the "elixir of perpetual youth." But philosopher Thomas de Quincey disagreed with that idea. "It is most absurdly said a man is disguised in liquor; for, on the contrary, most men are disguised by sobriety."

So the question still goes unanswered. Is alcohol a truth serum or a liar? Perhaps the answer lurks in the thoughts of one of these men. Perhaps not. At least these thoughts have shown how many different perspectives can be taken.

In fact, there are so many sides to the coin that it almost makes one want to flip instead of flip to find the answer. To "coin" a phrase: "It's almost enough to drive a man to drinking."