Grinding Down The Cost Of Living

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Cover photo by Mark Katoeama.
Stop grinding out those greenbacks faster than you can make them. Read on for some penny-saving hints.
Step-by-step, here's how to start your own co-op:

1. Call about 20-30 people who might be interested. Arrange for a meeting to explain to them how the co-op can help them and how much of their time would be involved.
2. Give them a couple of weeks to call you with a definite answer. About half of those at the meeting will probably be interested.
3. When the number of members is determined, compile a list of people, including phone numbers and skills offered. Each member should be given a copy of this list.
4. One person's "skill" will be acting as secretary for the group. This duty includes keeping the above-mentioned list up to date, and keeping a record of debts (see no. 6).
5. A member who needs help should estimate the number of people needed to get the job done. Then he can call the person or persons with the particular skill needed and arrange for a convenient time to do the job.
6. If a job takes six hours, the person whom that job was done owes the co-op a six-hour debt, or six hours of his services. The debt does not have to be paid back to the same person from whom it was borrowed.
7. There should be a time limit, such as a year, in which the debt must be worked off. This ensures everyone a fair trade.

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by Janet Herring
Illustration by Paul Karien
"Excuse me, sir. Excuse me, please. EXCUSE ME!"
Your voice is heard from a distant sound, but you try to ignore it. You are just in time to watch the Christmas shoppers. You finally make it through the crowded toy and game section—just in time to see the last Parcheesi game (the one you wanted for your little brother) snatched from the shelf. And snatched by the same greasy-haired, hook-nosed lady who nearly knocked you down with her armful of shopping bags in her hurry to get to the elevator before you!

You wouldn't feel so bad if you thought she just had to have it. But from the looks of all her diamond rings and turquoise jewelry, you just knew she could have just as easily settled for something else, even if it did cost more than a Parcheesi board.

This year don't let those Christmas crowds tire your patience and stomp on your already soild feet. Don't let them castle your elbows and knock the pyramid of packages in your arms to the floor, only to be played kick-the-can wish by the crowd. Don't get angry with the clerks when they hand you receipts with such large totals. Christmas vacation is all too short to be spent in agony over crowds and crowded lines.

This year try your creativity and resourcefulness instead of your patience, temper and willpower. Spend the 10 shopping days left until Christmas at home by the fire, with the eggnog brewing, making your own Christmas gifts.

Take a look at this "do-it-yourself" Christmas list and give Santa a run for his money.

**CHRISTMAS LIST FOR DO-IT-YOURSELFERS**

Surplus and yard placements (remove surplus strings and weave yarn in)

- Beads (made from dough or wrapping paper)
- Bean bags (all shapes and sizes)
- Brick bookends (dressed up like animals or people)
- Boxes and cans (decorated with shells, beans, contact paper)
- Building blocks (painted wood scraps)
- Candle holders (unfinished fancy bedpost and table legs)
- Color book pictures (colored in flowers and geometrics mounted on construction paper)
- God's-eyes
- Hot plates (glue tiles on cottage cheese carton lids)
- Jump rope (bristle strips of plastic bread bags together)
- Momento boxes (till with seeds, pods, photos, dried flowers)
- Miniature boxes (made from dough, painted and baked)
- Mobiles (use buttons, shells, beads, nails)
- Necklaces (use buttons, sequins, washers, nuts, shells, beads)
- Patchwork games (fabrics bag, common and checker boards)
- Plant plantings (plant in colored plastic eggshells or seashells)
- Puppets (from washcloth)
- Rings (rings glued to curtain rings)
- Rock paper weights (make designs with model glue)
- Terrariums
- T-shirts (sew on appliance or write sayings with fluorescent crayons)
- Sand candles
- Stationary (glue dried flowers to paper)
- Woven basket (made from newspapers)
- Wastebasket (made from egg cartons tied together with yarn)
- Waffles (washcloths woven together with yarn and stuffed)
- P.B. Most cost under $6 to make.

Now you have some ideas to start creating your own Christmas. So start checking craft shops and magazines for more detailed instructions.

**EDITOR'S NOTE**

A recent survey on banking facilities generated a lot of enthusiasm and, unfortunately, a few bills of misinformation. Take note of the following corrections for future reference.

**CROCKER AND UBS BANK**

Both banks give loans if you meet the specific requirements.

**CROCKER BANK**

Checking accounts—15 cents a check.

**Hamburger Hints**

by Joyce Thompson

My old roommate from the dorms had finally invited me over for the dinner she'd promised to cook, if, and when we ever escaped the dorms. Rumor had it that she was a good cook and her cooking for her guests.

I was remembering those gourmet tales as I walked up the stairs to my old roommate's apartment. Then the aroma from her kitchen hit me and I nearly ran up the last flight of stairs. Ummm good. I envisioned steak, eggnog or soufflés.

"Boy was I surprised when dinner turned out to be hamburger. But what a pleasant surprise to find that just when I was so tired of hamburger it had become a dirty word and I was sure even Hamburger Helper couldn't help anymore, hamburger really could taste good!"

Hamburger is about the only meat we students can afford to eat much of these days. After a steady diet of Hamburger Helper it had become a dirty word and I was nearly ran up the last flight of stairs. Ummm good. I envisioned steak, eggnog or soufflés.

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But don't despair. The following recipes will plump your hamburger in a hurry.

**HAMBURGER PIE**

1 onion—shredded
1 lb. hamburger
Salt and pepper
Fry together

Add 1 can green beans (drained) and a 10 oz. can tomato soup to hamburger mix. Mix together in casserole dish and top with mashed potatoes. Grill cheese on top for added flavor.

Cook 30-45 minutes or until hot clear through. This will feed three people.

**CHINESE CASSEROLE**

1 lb. hamburger
1 pkg. frozen peas
1 can mushroom soup
1 small onion, chopped
2 cups celery, diced diagonally
1 pkg. potato chips, crushed fine
1 can water chestnuts (optional)

Mix together all ingredients and put into greased loaf pan. Bake at 350 degrees for one hour and 15 minutes.

**QUICK MEAT LOAF**

1 lb. hamburger
1/4 cup oatmeal—uncooked
1/4 cup chopped onion
1/4 tsp. salt
1/8 tsp. pepper
1 cup tomato juice
1 egg, beaten

Mix together all ingredients and put into greased loaf pan. Bake at 350 degrees for 30-35 minutes or until hot clear through. This will feed three people.

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You don’t have any teeth that are candidates for the tooth fairy, all your empty bottles are non-returnable, your piggy bank isn’t bringing home the bacon and all you have left to pawn is your soul.

Okay, so your money is tight, but that is no reason to deprive yourself of a vacation you have earned. Discard the notion that an enjoyable vacation will set you back financially; take up camping!

Winter camping, a variation on an old theme, is dirt cheap entertainment, and its kick-back atmosphere is just what the doctor ordered to recuperate from finals. Reject the common misconception that winter camping is an ordeal practiced solely by the robust outdoors type. Retrieve the gear you put in mothballs until spring and head out into winter, the camper’s paradise. Campgrounds are literally deserted so you can frequently avoid making reservations. You’ll be able to select a campsite rather than settle for one. You’ll relish the deafening silence and absence of humanity.

Of course the recreation vehicle crowd will be out in droves, but they usually hibernate in the comfort of their homes away from home. With their television blaring, they prefer the stars on the tube to the ones flickering in the heavens.

If you need help in deciding where to set up camp, Granite Stairway Mountaineering, 861 Santa Rosa Ave in San Luis Obispo, can fill you in on the facilities at your disposal. The Los Padres National Forest and the Sequoias boast campgrounds open year round, but most forests in the Sierras are closed in winter by snow. There are campgrounds right in our own backyard at Lopez Lake, Lake San Antonio and Lake Nacimiento.

When camping during the winter, there are two factors that can make or break a trip, advised Nancy Bester of Granite Stairway; your ability to keep warm and whether or not the eating is good.

Protection from the elements is the objective in selecting camping apparel. You don’t need to invest in a costly wardrobe, just make do with what you already have. Thermal underwear, a wool sweater or down jacket and a windbreaker will keep the chill out.
You’re best advised to pack a poncho, to keep off the rain. Ponchos are available in most sporting goods shops for $3. They can double as a tarp or tent. Wear at least two pairs of socks, a cotton pair next to the foot and outer woolen socks.

When selecting sleeping bags, remember that a fiber-filled bag still affords warmth when wet, while a down bag provides only misery when it’s wet. A foam pad of insulating sandwiched between the bag and the ground will insulate your body from the cold ground.

A tube tent costs about $2.50. This is a two-ply sheet of plastic that converts to a tent for two from a square the size of a bandana.

Essential to the outing’s success is good eating. This does not mean fussing with elaborate meals, since simple fare like stew can seem like a sumptuous feast to the camper’s palate. Put your household cooking and eating utensils to work outdoors. A big soup pot and a frying pan are a must.

Don’t depend on wood for cooking or to provide heat. Stringent California laws protecting the state’s timber make it next to impossible to rely on natural woods for fires. What you can scrounge up will likely be wet.

Coleman 2-burner stoves and other gear can be rented from the Outings Committee at Cal Poly for weekend and weekly rates. A hibachi can do the cooking jobs with charcoal cheaper than a stove powered by fuel. A homemade lantern fashioned from a tin can and candle furnishes hours of light for fees.

A few winter weekends ago three friends and I ventured up Highway 1 to Plaskett Creek Campgrounds in the Los Padres National Forest. It turned out to be a hassle-free undertaking from start to finish.

No reservations were secured, but we nabbed the primo sights of the camp despite our late arrival. We shopped for thrifty culinary delights like hot dogs and Rice Krispies. The cost of the trip was kept down by pooling and mooching for the necessary gear.

You too can enjoy a weekend with three mammoth meals a day in the privacy of a lush, green-carpeted suite with a view of the ocean and your own private forest. Our weekend tab for four people amounted to $17 and half a tank of gas.

Indulge in a mellow vacation with a price tag to match—go winter camping.
The Dollar-A-Day Diet

by Eric DeVall

photos by Robin Cleary

This dinner won't cost a fortune with dehydrated food. He says, "And in a meat loaf, for example, I sometimes forget that it is made with textured vegetable protein (TVP) and not from ground beef."

Today's dehydrated carrot cubes can count the dried apricot, thest of beef jerky and the raisin among its ancestors. Man first dried his fruit in the sun and later his meat in smokehouses. World War II ushered in the vacuum process. It has been remodeled a great deal since and currently removes 80 to 90 percent of a food's moisture. Moisture is thus eliminated as a spoilage factor.

Fresh produce in a grocery store is usually picked green and allowed to ripen on its way to market. Fruits and vegetables to be dehydrated are picked ripe in large quantities and are then dehydrated en masse within two hours. This scheme allows the loss of nutrition prior to sale or packaging. Dehydrated foods have, for the last several years, been packed in nitrogen, an inert gas, thus eliminating oxygen, another major cause of food spoilage.

An economist of the classical school, Crawahaw believes that in a situation of runaway inflation people tend to lose sight of the advantage of dehydrated foods. He says by using the dehydrated food his average meal costs 35 cents, as compared with the national average of 32 cents per regular meal.

From his past experience with dehydrated food, sophomore business major, Clark Whiting, agrees with its money-saving benefits. Says Whiting, "In light of the current inflationary trends this nation is facing, particularly in food prices, I've found that I can stretch my food dollar further using dehydrated food." He says he also saves on storage space and storage energy. A year's supply of dehydrated food fits in 8.7 cubic feet and needs no refrigeration.

All dried foods and dehydrates are available to you in your local supermarket, drugstore and the grocery store. The cost of dehydrated food varies with the quality of the product and the amount of product you buy. The average cost of dehydrated food is $0.10 to $0.20 per regular meal.

When I was a freshmen at Berkeley, my tuition was $396.00 as you have today with your tuition fees. On top of everything else, you are facing high inflation. The cost of everything keeps going up, I don't know if I could handle it as a student today. Your student I.D. card is worth a dime for every dollar you spend in our store. Not a lot, but just a little help.

HIGH COST OF LIVING? WE CAN HELP A LITTLE!

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DRUG STORE
Today's Joe Average citizen thinks he has a lot of things to worry about these days with food costs rising, high levels of unemployment, and essentials sometimes hard to find. But that’s nothing. Take those burdens and add the extra cost of education and you have even more difficulties—the difficulties of today's Joe Average college student.

That’s why this issue of outpost is all about: We’ve found some ways to beat the cost of living.

According to an article in Changing Times Magazine, college fees have gone up an average of 7 percent this past year. By 1983, the U.S. Office of Education predicts that four years of college will cost about $12,000.

It’s probably about this time that you’re wondering if you made the right decision in coming to school. Well, you can relax. If the worth of a college education can be measured in terms of lifetime earnings, a 1972 male college graduate could expect to earn a lifetime income of $710,349, which is considerably more than a high school graduate ($231,896). Not to mention the prestige of a diploma.

So, the problem now is one of dealing with the rising costs. A study of past Cal Poly catalogs shows that the typical estimated expenses for the California resident student has jumped from $884 in the 1971 catalog to expected rates of $1700 in the 1974-75 school year. That’s a $314 increase in just three years.

Of course, the main ways to beat these rising costs are to get a well-paying job, or a scholarship, loan fund, or award. According to the catalog, there are about 228 scholarships awarded yearly to students in special study areas and with financial need requirements.

But there are other ways to beat the cost of living that are not available in books or from the administration building. These are hints from the survivors—those who’ve made it through.

After interviewing students last week, I found the most efficient way to beat the cost of living was not to go drinking or partying. A 4th year senior explained to me that this way you could spend more time studying and going to classes and get better grades and get out faster. I wonder if it’s worth trying out?

Another way I found to cut the costs is through textbooks. You can either borrow them from the library, buy them used or from downtown stores, share costs with friends or forget them entirely—and take good notes.

Other helpful hints include getting old print out sheets from the computer center or extra handouts from teachers and use the backseats for taking notes. Or buying notebooks, pens, pencils, etc. at local dime and discount stores.

For other ways to beat the cost of college living, keep on reading. You can’t afford not to. You can’t afford to throw this issue away. At least keep it and use the white space for scratch paper or to kindle your fireplace or to insulate your house—or if you’re desperate—I hear it makes good toilet paper.

Ellen Penisky, editor
Enter Outpost's photo contest and win a $30 camera carrying case from Jim's Campus camera for your prizewinning photo story. Pick up contest rules in Graphic Arts 226.

Enter Outpost's writing contest and win a dinner for two at Mcintosh's for your award winning story. Pick up contest rules in Graphic Arts room 226.

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