Yoga enlightens... Taught in dark
by CLAUDIA BUCK

spray out in an array in the
darkened room, the 18 members of
the Yoga Co-op lie on mats,
hammocks or rugs awaiting
the beginning of their weekly yoga
exercises. At their center burn
two candles and incense.

Under the instruction of Stuart
Watts, originator of the co-op and
a practicing yoga for eight years,
these yoga enthusiasts meet
every Thursday night at 7 p.m. in
Ag Ed Rm. 221. Watts, a dietetics
major, calls the co-op a
"gathering together of spiritual
comrades.

According to Watts, yoga can
remedy a myriad of ills, from
improving posture and in-
creasing blood circulation to
relieving backache and curing
insomnia. Watts himself started
practicing yoga to relieve the
strain and stress on the
muscles of a bad back. Eight
years later, he is now flexible
enough to bend and manipulate
his body into yoga postures.

One of the keys to yoga, ac-

according to Watts, is to "keep the
body in balance." For every
posture stretching the back there
must be a pose balancing it.
(Continued on page 3)

W-2’s ready
Statement of earnings (W-2
forms) for all university em-
ployes are now available from
the Payroll Division.

Pick up for student employes is
at 7:10 in Rm. 220 of the
University Union. Rm. 313 for
foundation payroll employes.

The meeting tonight will
consist of reports from various
committees.

It was announced earlier that
Colleges Student President
Association (CSUCPA)

The tenant issue tops on SAC
tonight
A follow-up report on the
controversy involving the
management of Kira Rae Apartments
and former tenants over the
outstanding of $100 security
deposits is on the agenda for the
Student Affairs Council meeting

Roland Hall, director of Legal
Affidavit, will discuss the results of
a meeting between himself, Peter
Kardel, and a member of the city
Human Relations Commission.

The SAC meeting goes underway
at 7:30 in Rm. 210 of the
University Union.

Norris said, "We saw a critical
need for student housing. We
know that the campus has a larger community. We think it’s necessary to accept this proposal."

Mayor Schwartz finalized the
comments by saying, "The
protest over the proposal is that
the theoretical capacity is
achieved, but nothing has hap-
pened yet to create a problem. We’ll just have to make a
commitment to take some
judgement on this proposal."

The approval of the proposal
will allow Warren دول, the
owner of the building, to
begin work, to break ground
for his project.

The passages of the proposal
are acceptable but I'm afraid
the property description in the
city's general plan, as Norris suggested. But,
no, no, I mean what I'm saying any housing shortage will be
believed.
What is the time?

When I left home for my early morning class today, it was 7:30. By the time I got to class at 8:30, it was still 7:30. When I arrived in English, it was 9:13. And when I walked into journalism an hour later, it was nearing 9:30.

Making the hands of a clock point to the correct time seems to be such a simple efficiency—yet rarely, if ever, can the clocks on this campus be trusted to tell the truth. It may be a minor frustration, but it is a frustration nonetheless, for faculty as well as students.

The specialized sport of clock-watching is in danger of becoming extinct, as is the possibility of getting to class on time.

Editorial

75 tabbed as women's year

A joint resolution has been introduced to the State Legislature by Assemblyman Howard Berman (D-Sherman Oaks), proclaiming 1975 California Women's Year in conjunction with a similar proclamation by the United Nations.

The resolution also commemorates the California Commission on the Status of Women for its ten years of work as the voice of the women of California to enable them their full participation in society. The Commission, established by the Legislature during the term of Governor Edmund G. Brown in October 1965 as an advisory commission, is charged with the responsibility for recommendations which will enable women to achieve their maximum potential.

The resolution also encourages other state legislatures to join with California in a speedy ratification of the Equal Rights Amendment.
Those women from Crandall

Last year at this time the Mustang Daily ran a two-part story on the deficiencies in the women's physical education and athletic programs.

Mainly, and most importantly, the attitude of the women from Crandall has grown into firm, unwavering resolve. Bordered by Title IX of the education code, barring discriminatory practices in federally funded institutions, they have formed the Stick-It-To-'Em Committee, and have drawn the battle lines in three traditional areas of inequality.

The administration has been forced to make decisions that will accommodate both men and women. The ASI Finance Committee has again asked all groups to keep budgetary increases to five percent, so the women have prepared two budgets.

A small, inadequate women's locker room is going to be constructed for the sole purpose of satisfying the law.
The whales are migrating to Mexico, and whale-watchers are reacting in violent ways. Although dedicated, (they have to be to get up at 6:30 on Saturday morning), the whale-watchers had trouble holding in their excitement. The big fish, (the whale that is), can be seen off the coast on their way to Baja breeding grounds. For the next couple Saturdays the four-hour boat excursion will take its toll on some people, but the boat ride is half the fun...or is it?

photos by
John Gordon
and
Jo Vesco
Cast members rehearse for "An Enemy of the People," to be presented here in February.

Campus events—

Frank J. Bourbeau, Senior Development Engineer for the Delco Electronics Division of the General Motors Corporation, will be the speaker at an Electric Power Institute seminar on Thursday, Jan. 31 from 11 a.m. to 11 p.m. Bourbeau, a senior member of IEEE, Professional Group on Industry Applications, will discuss "Solid-State Control for Industrial Application," all students and faculty are invited to attend the seminar in Room 219 of Engineering East. Refreshments will be served at 11 a.m.

Solar Energy will be the subject of a speech by Dr. R.C. Russell at the meeting of the American Society of Mechanical Engineers this Thursday, 7:30 p.m. in Room 238 of Engineering West. Russell, renowned for his work on solar energy, is the author of the "Energy Sources" section in the current Encyclopedia Britannica. All students and faculty are welcome. Refreshments will be served.

Relay Energy will be the subject of a speech by Dr. R.C. Russell at the meeting of the American Society of Mechanical Engineers this Thursday, 7:30 p.m. in Room 238 of Engineering West. Russell, renowned for his work on solar energy, is the author of the "Energy Sources" section in the current Encyclopedia Britannica. All students and faculty are welcome. Refreshments will be served.

The Poly Twirlers will be demonstrating square dancing in the University Union Plaza Thursday, January 23 at 11 a.m. The performance is to promote the Dance class sponsored by the Poly Twirlers, held every month on Thursday nights in the Snack Bar at 7:30 p.m. Jan. 23 will be the last day to enrol in the class that teaches the basic steps of square dancing.

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Practice began with exercises to loosen the actor’s muscles, and later concentrated on their delivery of lines and blocking movements. "The players should switch with the wind," said Maltin, as he indicated sweeping gestures across the stage. "The cast must learn to identify with each other and with the stage settings," he added.

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Masara Vandervelt is making all the costumes for her senior project. The costumes were designed during Fall Quarter and their construction began after the December vacation. The cast practices four hours daily but stage manager Bob Norris, senior Liberal Studies major, said he must work on the play 16 hours a week.

"Now down and project your voice," said Dr. Mike Malin when a scene was stopped for blocking corrections—-instructions on stage position. Rehearsals for "An Enemy of The People" started last week at the Cale Puly Little Theatre.

The Norwegian play written in 1882 by Henrik Ibsen was rewritten and modernized by Arthur Miller. It will be presented by a 21-member cast, including two faculty members, Feb. 20, 21, and 23, in the Little Theatre.

The play is centered around Dr. Thomas Stockmann, played by drama veteran Pat Chew, who returns to his home town to practice medicine. He discovers miraculous health streams outside of town, but pollution overtakes these healing waters. Dr. Stockmann becomes a hated figure when the citizens oppose him to allow money to clean up the waters.

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Aerobatic project takes off

An aerobatic engineering student here has been appointed commander of the Five Cities Flight of the Civil Air Patrol. Lt. David Anholm, announced the appointment, said Cal Poly is the only university in California that has its own active unit of the Civil Air Patrol. Anholm has been active in the CAP since 1976. He began as a cadet when he was 18 and in 1979 attended the Manned Space Orientation Course in Houston, Texas.

Anholm was awarded the Meritorious Service Award for his assistance during an airplane crash here.

He was appointed executive officer of the Five Cities Flight in 1973. Anholm attended the Pacific Regional Leadership School, earned his Observer’s Wings and is a qualified Mission Search and Rescue observer. Ground crew member and radio operator, he has also completed the California Office of Emergency Services Peaceema Radiation Incident Training Course.

Cyclists too, must follow these rules to keep roads safe

by DAVID RICH

The new quarter has brought another round in the battle for top honors in the bicyclists' all out war against the pedaling problems of the motor vehicle.

One can't help but think the average Cal Poly bicyclist tries to break the sound barrier in order to get to class with clattering sounds to the rear.

One law which students do not seem to be aware of is the parking regulations concerning bicycles on campus. Bicycles must be parked in provided racks and not on lawn areas, stairways or inside of campus buildings.

A service many Cal Poly students do not know about is the free registration of bicycles by the university police department. Unlike the fee required by some local cities, registration of a bicycle at the university is mandatory but is helpful in the event a bicycle is stolen. If a student's bicycle does not have an identifying mark or frame registration number, the police department will engrave a number on his bicycle at no cost to the student.

There is a new law concerning equipment regulations for bicycle owners and sellers. Bicycle must be equipped with department approved white or yellow reflectors on each peddle visible from the front and rear of the bicycle. White reflectors must be on the front of the bicycle and a red reflector must be on the rear of the bicycle.

It is also required to have a white or yellow reflector on each side forward of the center of the bicycle and a white or red reflector on each side to the rear of the center of the bicycle.

Bicycles with reflectors fitted on the front and rear do not need to be equipped with the side reflectors. Reflectors fitted on the back provide a safe bicycle to ride.

The Poly Royal Executive Board and representatives of campus student organisations will select the 1979 Poly Royal Queen and her court on Wednesday, Feb. 13 at 7:30 p.m. in Room 207 of the University Union.

Campus organisations wishing to sponsor a contestant may obtain application forms at the Poly Royal Desk located in ASI, University Union, Box 19 by noon on Wednesday, Jan. 29. Each candidate is required to have a grade point average of at least 3.0 and must be enrolled with 18 or more units.

Candidates will be judged on participation in college related activities, personality and availability in terms of participation in Poly Royal activities.

The Poly Royal General Board, which screens all queen candidates and checks eligibility requirements, is avilable for interviews. Interested candidates must register at the Art Center, 1010 Broad St., San Luis Obispo, during gallery hours, 13 noon to 1:30 p.m. daily except Mondays. The fee is $29.95.

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The Minolta SRT 102. It's loaded.

The Minolta SRT 102 is the SLR with all the extras. It's the choice to make when you want to go all the way.

Pea ranees, visits to local television and radio stations, and participation in college related activities will be considered in the selection process.

Women interested in competing in the Miss San Luis Obispo County Pageant should contact Garth at 543-1235 immediately.

Pageant entrants must be between 18 and 35 years old, single and never married. They must also attend a college or university or be the student of a private teacher.

Garth said that the goal of the local pageant is to award a $2000 scholarship to the pageant's first place winner in addition to the second and third place winners.

The winner of the Miss San Luis Obispo County Pageant will go to the Miss California California PAGEANT, which screens all queen candidates and checks eligibility requirements, is available for interviews. Interested candidates must register at the Art Center, 1010 Broad St., San Luis Obispo, during gallery hours, 13 noon to 1:30 p.m. daily except Mondays. The fee is $29.95.

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V. opening height in the open pole clocked at Steve Simmons, Matta to shoot over Ively. All three were the open 60 yd. dash, behind Steve competed. Saturday night, but none by the Sports Arena in Los Angeles had Track and Field Meet at the C

good lesson for sprinters The Mustangs beat Hayward 44-6.4. Both Edwards and Byrd set in 67.8 behind winner Byrd and Edwards It was a

of the Open 60 yd. dash, both Byrd and Edwards in 16-12 and then were beaten by Oregon 15-16. It was the sixth loss of the season evening their dual record, It la a good

records were set, It la a good indication for our Indoor season both Byrd and Edwards It was a

In America, but I think because of the fact that two school Indoor vault because of a technical

didn't beat any slouch of a team. The Iowa Staters own a neat 8-1-2 record on the year, Their only loss coming at the hands of Wisconsin. They tied Lehigh and Iowa.

It was a bad night all-around for Poly. At 118 Mark Digirolamo lost for only the third time this year, 6-4 to Mike Land. Rodger Warner, at 166 and Byshell Thompson at 177, each with identical 10-1 records going into the match, were drawn for the first time this year.

The only Mustang wins were garnered by Rick Torres at 194 and Cliff Hatch at 197. Torres beat Randy Sawyer 8-0 and Hatch beat Dave Powell 8-4. The loss came on the first of a four match division swing. The Mustangs were in Cedar Falls to wrestle Northern Iowa Tuesday night, travel to Drake tonight and take on Nebraska-Omaha Thursday afternoon.

Ford again rejects gas rationing idea WASHINGTON (UPI) - President Ford again rejected gasoline rationing to end the energy crisis, saying it would have to be in effect at least five years to work and would limit every motorist to fewer than nine gallons per week. Explaining why he chose to discourage energy consumption through increased costs and taxes, Ford told a news conference that all other alternatives were rejected after the "most comprehensive review in this nation's history."

He said he rejected both the idea of rationing and continuing consumption at current levels and would issue a presidential proclamation in a few days to impose higher fees on imported oil. Ford again

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FBI director: records kept on lawmakers
WASHINGTON (UPI) — Director Clarence Kelley acknowledged Tuesday the FBI said 11 months ago Kelley appeared before a congressional subcommittee and "completely denied, the existence of personal or political files on members of Congress."

As Kelley made his unprecedented public declaration about the FBI's data bank, Edwards summoned him to testify next week about reports the files derived into the most personal aspects of the lives of members of Congress.

"With a little luck," says F. J. year junior varsity basketball coach Pinky Williams, "I think we can win all nine of our remaining games."

Currently, the JVs have a successful but deceiving 5-4 record. Williams believes it could easily be 8-1, having lost very easily the last game after game," says the coach.

Among the consistent performers is team leader Bobby Nicholson, who scored 22 points last week in the first league game, a 15-point victory over LC Riverside. Others include Bob Frazer, the team's defensive leader, and Bruce Hannon, an excellent shooter the team goes to in a clutch.

The squad, says the former Cal Poly star, is well disciplined and composed of "very good shooters." However, he adds, "most of the guys are walk-ons straggling out of high school, and they are still adjusting to college basketball." He believes three or four players will move up to the varsity next year.

With nine games remaining, including three league games, the JV team still has the tough half of the season factoring it. Their next game is at home Thursday.