Yoga enlightens...

Taught in dark

by CLAUDIA BUCK

Spread out in an array in the darkened room, the 18 members of the Yoga Co-op lie on mats, hands or arms 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. 226. Watts, a dietetics major, calls the co-op a "gathering together of spiritual common liens."

Accompanied by a musical instrument called a sitar, Watts begins with nothing more than a class call to relax every muscle in their body line, from the toes to the scalp. A co-op member lie in a traditional yoga relaxation position—flat on the back, arms at side, palm up, feet turned out.

For the next three hours Watts leads them through a variety of yoga exercises (poses) involving balance, strength, flexibility and stability.

"According to Watts, yoga can remedy a myriad of life's problems, improving posture and increasing blood circulation to relieve backaches and curing insomnia. Watts himself started practicing yoga to relieve strain and strengthen the muscles of a bad back. Eight years later, he is now flexible enough to bend and manipulate his body into yoga posture.

One of the keys to yoga, according to Watts, is to keep the body in balance. For every posture stretching the back there must be a movement stretching the front.
What is the time?

When I left home for my early morning class today, it was 7:30. By the time I entered politics, I had either been in class 12 hours or not at all—it was STILL 9:00.

When I arrived in English, it was 9:18. And when I walked into journalism an hour later, it was nearing 8:30.

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.

Bacon Burger
1/4 lb. beef patty on a home baked bun, with lettuce, tomato, mayonnaise. Topped with thick bacon slices $1.40
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What's happening

R.A.T.
ACU-I Qualifying Singles & Doubles Table Soccer (Football) Tournament Thursday, January 23rd, 11 a.m.
Games Area Annex
Enter one or two person teams for 50c each at the Games Area desk by Wednesday, January 22. If space available, sign-up will be taken at the start of the tournament. Prizes include a partial expense paid trip to Davis (Feb. 14-18) to participate in the regionals.

Western Dance
January 24. Chumash Auditorium
9:00 p.m. to 1:00 a.m.
$2.00 per person

Editorial

With seven minutes to dash from the OH unit to the Music Building.

Up to this point, it seems that maintenance considers the possible solution to be a feat of such immense proportions that its only answer is to be ignored. Yet a maintenance check of the clocks on this campus, even if it has to be spread over several days, is not such a monstrous task. There are an estimated 350 clocks at this school, not including those in the University Union and Administration Building. Certainly it isn't asking too much of maintenance to put all of Cal Poly on official Pacific Standard Time. It would be a timely and in a frustrating issue.

Marji Nieusma

Outings

January 25-26
Yosemite Snow Camping
Sign up by January 23 in the Escape Route

WHAT'S HAPPENING

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 commends the California Commission on the Status of Women for its ten years of work as behalf 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. One year later, the women are still operating out of antiquated Crandall Gymnasium with a short staff and trying to run an athletic program for the women students on a budget that is less than four percent of the men’s.

So what has changed?

Mainly, and most importantly, the attitude of the women from Crandall has grown into firm, unwavering resolve. Boldered by Title IX of the education code, barring discriminatory practices in federally funded institutions, they have formed the Bishop-To-Ed Committee, and have drawn the battle lines in three traditional areas of inequality—facilities, staffing, and budgeting for athletic programming.

This year the athletic budget is $7,312 for the all Intercollegiate Sports. This includes money for the men’s program, which receives $37,027.70. It asks for $37,027.70. Women’s sports receive a mere $7,312. Women’s staffing is a mere 23 staff positions, while the men’s program for the women students on a budget that far exceeds four percent of the men’s program.

One contains the five percent increase and the other is what the women would need to offer a “more efficient and effective program.” It asks for an increase of 50 percent.

Eyebrows will be raised when it is presented at budgetary hearings. Yet compared to the wealth of the men’s program, it will not achieve parity if approved.

On the facilities front, state plans for a completely new women’s gym were scrapped and replaced by a projected renovation of the Physical Education Building. They have been unable to get much out of the big gym because no women’s dressing locker section in the Physical Education Building. They have been unable to get much out of the big gym because no women’s dressing locker section was planned or built into it.

The Bishop-To-Ed Committee says that the proposal is inadequate for the needs of the women on this campus. The new facility would accommodate about 33 women.

Says the Committee: “Now that Title IX has come along, it appears that a small, inadequate women’s locker room is going to be constructed for the sole purpose of satisfying the law.”

While the new locker room will satisfy the needs of women students, it is not the intent of the law, they say, that they will accept it as a temporary solution to the problem.

School administrators are trying, they say, to come up with a cheap solution to a problem that defies such an approach. An adequate locker room would have to accommodate 80 students at one time.

Staffing of the Women’s P.E. Dept. has long been a point of contention. There were 775 students, including men, enrolled in Fall Quarter Women’s P.E. classes, and there are 222 women in the P.E. Dept. But the two-hour weekly session barely scratches the surface. The women’s program provides 10 classes for a $16 fee.

Interested to join the co-op. He came to San Luis Obispo this year, he says, “to raise the consciousness of this area by spreading yoga in the community.”

Hatha yoga is an ancient method of bringing physical and mental perfection through an organized pattern of exercise. By reaching this level of fitness and control, the body and mind can achieve a calm state of meditation and contemplation. Hatha yoga helps reach this state through a system of exercise, breathing patterns, and relaxation techniques developed thousands of years ago.

According to Watts, Hatha yoga is the most basic form of reaching perfection and prepares the mind and body for the six higher forms. “In the co-op, we’re bringing all seven types together to reach Raja, the ultimate form which combines the others to reach a state of oneness with the self.”

In addition to Watts’ class, Hatha yoga is offered in a Monday and Wednesday class taught by Sonja Murray of the Women’s P.E. Dept. But the two-hour weekly session barely scratches the surface. The women say, if one is truly to benefit from yoga, there are a number of places around San Luis Obispo that offer yoga instruction at longer stretches, which be recommends. Mandala School has an eight-hour class open for $90. The San Luis Obispo Adult Education program provides classes and a private instructor in Morro Bay gives 10 lessons for $50. Watts, who hopes to become a spiritual healer, urges anyone interested to join the co-op. He says, “to raise the consciousness of this area by spreading yoga in the community.”

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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 whales 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
21-member cast rehearses play

"Now down and project your voice," said Dr. Mike Malkin when a scene was stopped for blocking corrections. Instructions on stage position: Rehearsals for "An Enemy of the People" started last week at the Cal Poly Little Theatre.

The Norwegian play written in 1879 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 22, 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 so they can allow money to clean up the waters.

Chew said this was the most important part he wanted to play this year. "It is a dynamic role. I guess I have a disease when it comes to drama," he said.

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 Malkin, as he indicated sweeping gestures across the stage. "The cast must learn to identify with each other and within the stage settings," he added.

Malkin said he chose "An Enemy of the People" because it is a good play and he had planned to produce it at Indiana University of Pennsylvania where he taught last year.

Marsha Vandervelk is making all the costumes for her senior project. The costumes were designed during Fall Quarter and construction began after the December casting.

The cast practices four hours daily but stage manager Bob Norte, senior Liberal Studies major, said he must work on the play 36 hours a week.

Campus events—

Relier 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 22 at 5 p.m.

The performance is to promote the Square Dance class sponsored by the Poly Twirlers. Held tri-monthly on Thursday nights in the Snack Bar at 7:30 p.m. Jan. 23 will be the last day to enroll in the class that teaches the basic steps of square dancing.

There will be no admission charge for the first class that will continue until June. For more information call Henry Gross, 544-5338 or Dave Brown 588-1390.

Campus events—

Frank J. Bourgeois, 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 11:30 a.m.

Bourgeois, a senior member of IEEE. Professional Group on Industry Applications, will discuss "Solid-State Control for Industry Application." Faculty, students, and guests are invited to attend the seminar in Room 219 of Engineering East. Refreshments will be served at 11:30 a.m.

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EVELYN WOOD READING DYNAMICS

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Come to a Mini-Lesson and find out. It is free to you and you will leave with a better understanding of why it works. One thing that might bother you about your reading speed is that someone might find out how fast it is. The instructors at the Evelyn Wood Reading Dynamics Free Speed Reading lesson will let you keep your secret. It’s true we practice the first step to improved reading at a Mini-Lesson and we will increase your reading speed on the spot, but the results will remain your secret. Plan to attend a free Mini-Lesson and learn that it is possible to read 3-4 times faster, with comparable comprehension.
**Ag seminar for alumni is planned**

"Production Inputs" will be the theme of the Agricultural Management Alumni Seminar to be held Friday and Saturday, Dec. 24 and 25, at the Johnson Motor Lodge.

The seminar, sponsored by the department, will be held in Chumash Auditorium of the Julian A. McPhee University Union beginning at 8 a.m. on Friday. Dr. Robert E. Kennedy, president of Cal Poly, will speak at the luncheon meeting on Friday, Jan. 16, and Dr. John West, associate dean of the university's School of Agriculture and Natural Resources, will speak at the luncheon meeting on Saturday, Jan. 17.

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**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 pedestrian and 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 class with class with a 15 minute window.

An aeronautical engineering student here has been appointed commander of the Five Cities Flight of the Civil Air Patrol. Lt. David Anholm, announced Lt. Cal. Louis H. Powell, Group 11 Commander, has been active in CAP since 1968. He began as a cadet when he was 13 and in 1970 attended the Manned Space Orientation Course in Houston, Texas.

Anholm was awarded the Meritious 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 Region Course and earned his Observer's Wings and is a qualified Mission Search and Rescue observer, Ground Team member and radio operator. He has also compiled the California Office of Emergency Services PeaceTime Radiation Incident Training Course.

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**Rules of the road**

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Mustang wrestlers suffer from ‘losing’

by BOB COX

The Mustangs need to see a veterinarian.

The Cal Poly wrestlers are suffering from a strange malady seldom heard of in this part of the country. It’s called losing.

The Mustangs lost their fifth dual match in their last six outings Monday night, as they were soundly thrashed by Iowa State University 56-10 in Ames, Iowa.

The last three weeks have been tough for Vaughn Hitchcock’s crew. They were beaten by Navy 13-15, Oklahoma State 10-13, Oklahoma State 37-4, recouping against Oregon State 48-12 and then were beaten by Oregon 35-14.

It was the sixth loss of the season evening their dual record and one of the worst defeats yet. They managed to win only two weight classes all night and drew at two others.

If it’s any consolation Poly wasn’t beaten by any slouch of a team. The Iowa State owns a neat 8-1-2 record on the year, suffering from a strange malady rarely heard of in this part of the country. It’s called winning.

Ford again rejects gas rationing idea

WASHINGTON (UPI) - President Ford again rejected gasoline rationing to end the energy crisis, saying it would be too hard to implement 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.

Leonard—of the original shrink-to-fit LEVI'S that won the West and now the World. Tough, comfortable XX blue denim of 100% cotton. Look for the LEVI'S tab on the back pocket.
FBI director: records kept on lawmakers
WASHINGTON (UPI) — Director Clarence Kelley acknowledged Tuesday the FBI keeps records of all information it obtains on congressmen but said the files never were used to intimidate them or influence "judgment or actions."

Rep. Don Edwards, D-Calif., 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 delved into the most personal aspects of the lives of members of Congress.

"With a little luck," says first-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 very easily be 9-1, having lost four games by a total of six points. The one-man squad, according to Williams, is playing good team basketball. "I don't have any one player who carries the team game after game," says the coach.

Among the consistent performers is team leader Bobby Nicholau, who scored 53 points last week in the first league game, a 13-point victory over UC Riverside. Others include Bob Fraizer, the team's defensive leader, and Bruce Hannon, an excellent shooter who 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 straight out of high school, and they are still adjusting to college basketball."

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Diver Mike McCullough appears to soar higher than the mountains in the background as he garners second place in the Mustang's 77-34 win over UCSB Saturday. Poly set three school records and the only event they failed to win was the diving.