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Put a tiny thrill in your life, save energy and a few seconds of time. Yes, there is more to banister sliding than you might imagine!

Banister sliding is simple to learn and is done by many, e.g. children at school, young adults on college campuses. Clint Eastwood (in the film "Dirty Harry") and Red Skelton and firemen in a hurry using a vertical banister to get to the fire engines.

How can you join in the fun? Simply read on for flight instructions.

In choosing a banister on which to slide, the following should be considered:

The banister should be like a rounded pipe with no quick bends in the section you have chosen to slide on. Any other type of banister (such as those around the University Union) will result in a painful tourney.

The banister should cover more than four landings but it may be dangerous if you try one covering more than 20.

If the banister is wooden, badly bent, obstructed, wet, rusty or freshly painted, it is not to be ridden. This advice will save you from damaged jeans and pain.

Near sundown, moisture gathers on the banister, creating more traction and a slow ride. At night there is usually enough moisture to make the banister wet and too slick for the slider; to remain in control.

Clothing should also be considered. Long comfortable jeans (or trousers) are preferable. The seams should have at least eight stitches per inch to assure strength.

Dresses and skirts result in loss of control and shorts expose your legs to the banister causing friction and broken skin.

If a jacket is worn, be cautious that it doesn’t catch at the top and hold you. This can be avoided by keeping your jacket unfastened.

Since the landing may be quite hard, low-heeled shoes with soft soles (such as tennis shoes) are recommended.

The Method

The best place to start is at the top of a flight of stairs. (This makes sense because you will be traveling to the bottom.)

You should mount the banister with both legs on the same side with knees pointing downward in the direction of travel. This position facilitates both maximum control and style. (Any other position looks silly.)

From this position, you need only bend your knees and WHEEEEEE, you’re sliding. (The exclamation isn’t necessary.)

When you come to the end of your rail, straighten out and land on your feet. For added flair, you may do a slight spin before landing. This is the most popular way to show-off in banister sliding.

Caution: Slide Area

The best banisters on campus for sliding are those leading from the science building. Both Fremont and Sequoia Halls have adequate outdoor banisters.

For common courtesy and safety, don’t slide indoors, don’t slide on crowded stairways, nor if there is much cross traffic at the bottom of the stairs.

Following these instructions and using only a meager amount of common sense, banister sliding can be the second most fun thing you can do with your clothes on.

It’s the second most fun thing you can do with your clothes on.
An ars? A zoo? A conspiracy? Was Noah really scheming to create his own floating animal museum? Of course not, but three items are related in a more current fashion. They are all portions of titles of San Luis Obispo cooperatives.

According to Stewart Praslay, a member of a local food co-op known as the Cuesta Food Conspiracy, a co-op is an "organization of people who work together to help each other. All members reap the benefits of their collective effort."

Praslay explains that the effort is usually centralized to achieve a specific result, such as providing particularly healthy food to co-op members at wholesale cost. "This is the purpose of the Cuesta Food Conspiracy," he says, pointing out that the operation of the co-op is strictly nonprofit. "Members can get fresh organic produce much cheaper than if they purchase it retail. Our co-op is much different than business and labor co-ops, which strive to make a profit or some other form of better treatment. The food co-op pays the exact amount for what it receives. Our profit is knowing we’ve worked cooperatively to help each other."

Cuesta Food’s 100-plus members are divided into work forces which perform varied assigned functions. The seven forces are finance, store, dry goods, sources, membership, and produce, bread and cheese, and each is a essential factor in the co-op process. The forces are set up and supervised by individuals called ‘coordinators’. As Praslay, one of the co-op’s coordinators, puts it, "We may be able to obtain good food at minimal cost, but the real product of our work is togetherness. Everyone works together so that each member is able to partake of the food. We feel a great warmth between one another as human beings who are helping each other, especially with such a basic need."

Members place orders of the food they would like to have with those from the produce, bread and cheese on Monday,” says Praslay, and pitch in the amount of the cost. The money and orders are tabulated the same day by the produce force. Members of the finance force collect the money and give it to a person called a ‘buyer’ who goes out to farms and purchases the produce right from the farmers at wholesale prices. On Thursday, the food which has been bought during the week is boxed by order and distributed to co-op members by the store force.

"Our distribution point is a small garage behind a private residence,” he states, “and members come by to pick up their food between 12 and 8 p.m.” The garage is located at 1326 Osos St.

The food usually consists of vegetables, dairy products, such as milk and cheese, and occasionally bread. "Currently we have access to some very fine whole wheat bread,” Praslay smiled.

The Cuesta Food Conspiracy operates on a weekly basis, but the dry goods force goes out to get large amounts of things like grain and flour every two months. These people serve on other work forces during the periods when they’re not obtaining dry goods.” Praslay asserts, "The sources force’s job is finding food outlets, and the media force’s task is sending out our newsletter and taking care of mass communication of any messages. Whatever a member’s part is in the process, great satisfaction is felt as you help prepare a week’s food for another person,” he said.

Membership in the Cuesta Food Conspiracy is open to all interested persons and can be obtained by donating an initiation fee of $1. An informational membership handout may be picked up at 1418 Johnson St., where discussion meetings are held. "Our meetings are usually held Sundays and occur about once each month," notes Meredith Moraine, a membership-force coordinator.

Another type of non-profit cooperative found in San Luis Obispo is the film co-op. The purpose of this kind of organization is described by Brad Brown, a member of the film co-op Cinema Zoo, as "getting all types of films to show to persons who help pay for the films' rental costs."

"Although communications between members is minimal," he says, "Cinema Zoo has been successful because the people work together so that the entire group may view the films for low prices. Co-op members scan through the catalogues as large as telephone books and pick out which films they would like to see. A count is then done to determine which films the members want to view most, then order blanks which are detached from the pages of the catalogues are filled out and sent off with a check. The films are shown at the San Luis Obispo Little Theatre,” says Praslay, who is also a member of Cinema Zoo. "Members donate $10 or more at each showing. The showing fee serves simultaneously as the membership fee for those persons who are joining the co-op.” The Little Theatre is located at 1630 Monterey St.

"Any of the members may help operate the projector and handle the screen," explains Brown. "During the..."
The money is collected and the count is taken for the film suggestions. The intermissions usually serve as our business meeting. We hold any discussions during that time.

"Cinema Zoo presently serves about 150 active members, although there are almost 400 names listed in association with the co-op," says Brown. "It's very hard for us to communicate between members because of the number of people. There's no sense in calling hundreds of people to leave an announcement, so we just have to depend upon word-of-mouth to circulate messages. Occasionally we run an announcement in a local newspaper, and sometimes we send out a short newsletter, but we want to reserve capital for renting films."

Film showings take place about twice monthly. Brown recalls that the last showing occurred three weekends ago, and offers that Cinema Zoo is planning to present its next showing May 10 and 11. He says he isn't sure which films are due to arrive that week.

"We show things like Marx Brothers and Three Stooges episodes. Sometimes we get a big feature film, like Bob Hope and Bing Crosby's 'Road to Rio,'" Brown illustrates. "Last time we showed a Betty Boop cartoon."

A third type of local non-profit co-op is the housing co-op. Presley, who spent two years in a Santa Barbara housing co-op, pictures it as a situation involving "people living together in the same structure who share the chores of a successful household."

The Ark, located at 168 Higuera St., is a housing co-op which currently provides homes for 20 members. Joe Odegaard, a resident of the Ark, told Outpost, "Our building was used to be an old hotel. Some Cal Poly architecture students decided to renovate and restructure it about 10 years ago, and although the concept of co-op living here has varied through the years, the house has been operating ever since."

Odegaard says none of the original founders remain there today.

"Everyone works together to share the rent, the cooking, the housecleaning, and the rest of the jobs around the place. Everyone has their own room," he says, and adding with a sparkle in his voice, "We get along very well here." One member remarked that he would not want to live anywhere else.

Presley explains that there are some merchant shops downstairs in the old two-story structure and that the members of the co-op all live in the upper portion of the building. "The housing co-op concept is directly congruent with the idea of communal living which was popular during the sixties. Other housing co-ops in San Luis Obispo, such as Wesley House, operate on similar lines of sharing, helping and benefiting," he says. "Members with special skills and abilities post the ways they can best help the whole group in one of the main gathering rooms, such as the kitchen."

Sounds of laughter and conversation carry through the building's hallways from the rooms. "There are 20 of us living and working cooperatively here now, and about three-quarters of our group are Cal Poly students. Ten years is all the evidence the co-op needs to show its success," Odegaard states securely.

Still a fourth type of local non-profit co-operative exists in the operation of the Mandala School, located on Edna Road south of San Luis Obispo. Cueste Food's Moraine says, "Mandala is an alternative elementary school. Parents who disagree with the public schools' method of education or feel that it is inadequate are able to find an option in Mandala for their kid's education. The parents work together at all the jobs necessary in the school's upkeep, with the exception of teaching. The parents all chip in to pay the teachers, but they perform all the other tasks, such as maintenance, fund-raising and coordinating the direction of the school. They have a powerful say in the method of education which is presented there."

David Taxis, a senior teacher at the school, tells that the major emphasis (continued on page six)
by Frank DeSantis
photos by Tom Kelsey
illustration by Scott Simkin

So you’re a Cal Poly student and you’re into music. If you’re like most college students, that probably means rock — perhaps you feel a bit like Eddy, the Rolling Stone, and you’d like to see a real rock show. If you’re not already aware, there are a thousand or so others who feel the same way.

One of the questions most widely asked around campus these days and in many other quarters is, “What happened to concerts at Cal Poly?”Apparently students here have not satisfied with the current concert situation. They want more and better concerts, and this is not an unaBand request because, let’s face it, the rock music scene at Cal Poly is in sad shape.
The ABI Concert Committee, the group of students who plan your concerts, realises this but are still content with the present situation. They seem to have given up the idea of consistentlystaging good rock shows here. Why? Lack of facilities, administration restrictions, and general confusion prevailing to what should happen musically, are just a few of the reasons which the committee has for not setting out on quality concerts at Cal Poly.

Bill Martin is one of the most unlikely figures to be involved with the Concert Committee. Martin, a junior English major that ever booked a show. He’s a heavy-bedded, long curly sideburns, he is a colorful character indeed. You may remember him as the guy who wore seersucker when the Tim Westbrook concert while making the announcements. Martin, before answering any of outpost’s questions, paused to remind the reporters that rumors spread like wildfire from his offices and that a lot of what he’s going to say may not be true. (That’s right, Rolling Derby, as in skates.) He is not content to just throw out answers. Martin is careful to point out what he knows and what he doesn’t. It is painfully clear from the start that Martin has had problems with this committee business. A lack of facilities has caused the process of booking concerts to work in reverse here.
The normal procedure is to call an agency and have the band be available when the committee can book them accordingly. At Cal Poly, the committee can book a band before they select the few dates they can stage a concert, and hopes to hell the agency will have come up with something.
The schedule Martin works with is terrible. The gym can be used only one Sunday per quarter, and one other Friday or Saturday — only two dates per quarter. To secure these dates, ABI concert students must track down three per quarter. To secure these dates, ABI concert students must track down three per quarter. To secure these dates, ABI concert students must track down three per quarter.

A majority of the people in the P.E. Dept. feel that P.E. belongs in the gym, not in musical Limbo, says Martin. With this in mind, the committee has fair enough. It so follows that concerts here will be less frequent than the old days, which is indeed a mammoth undertaking.

The problem facing the committee is a task that requires a variety of solutions. The committee must set the priorities, which are as follows: 1) Seals and Crofts 2) Sonny, Lake and Palmer 3) John Denver 4) Doobie Brothers 5) Emerson, Lake and Palmer 6) John Denver 7) Stevie Wonder.

The problem Martin is contending with is not the right type of shows. He presents this with a survey done on campus by the concert committee.

Students were asked what groups they would pay to see at Cal Poly. The results were as follows: 1) Seals and Crofts 2) The Beach Boys 3) Barbra Streisand 4) Doobie Brothers 5) Emerson, Lake and Palmer 6) John Denver 7) Stevie Wonder.

According to Martin, the problem with bringing big-name groups to Cal Poly is ticket prices. Judging from the current situation, $6.80 to $6.90 a ticket, most people do not believe that Cal Poly student will pay the average ticket price for a good concert here. The gym is seen as one of the finest in the country, and students believe that their school should not charge them $6.80 to $6.90 for a concert here.

To prove his point Martin recalls the last Beach Boys concert here. "We charged $8.50 for a gym concert and did not sell out," says Martin. "If the Beach Boys did not sell out, it’s doubtful many other groups would.

When the argument is brought up that our neighbors to the south at the University of Santa Barbara put on concerts with big names, Martin is quick to point out that UCSB does not stage their own concerts. "All the concerts at UCSB are staged by Pacific Presentations," says Martin. "Many other groups would.

The administration and the students, the latter being the most powerful group at Cal Poly, do not agree. "It’s just not good for the school," says Martin. "If were to go with Pacific Presentations we would not be able to choose which groups would come here," says Martin. "Pacific Presentations can do it for you.

The committee is allocated a total of $39,000 for the entire year. When the amount of money brought in by ticket sales is considered, it seems the committee would have the funds needed to bring a big-name group. If that is what people want, Martin quickly points out the purpose of ABI Concerts is not to bring in big names. "The purpose of the committee is to bring a variety of acts to Cal Poly and to entertain the entire student body through quality entertainment.

Diversity? The Committee Concerts turned down the Foreign Theatre when they called here and offered to put on a concert for a mere $800. When outpost asked Martin if diversity should mean bringing such progressive rock groups as Roxy Music or Sparks to Cal Poly. His answer was that he would enjoy seeing such acts at Cal Poly, but he could not book them because students at Cal Poly would not pay to see them.

Looking back on the past concert season, it can be said that the committee has offered a diverse group of acts. Arlo Guthrie, Tim Welsho, Dory Provin, no doubt these were a wide range of performers — but do they not generate the kind of excitement that genuine rockers do. The kind of excitement that a real concert-goer in San Luis Obispo just may need and want.

This point has been made before, the Cal Poly student is basically music starved. Almost anyone can get an encore in San Luis Obispo.
The Committee had promised a big May show in Mustang Stadium. It never came. Cal Poly student will pay the average ticket price for a good concert here. The gym is seen as one of the finest in the country, and students believe that their school should not charge them $6.80 to $6.90 for a concert here.

outlet
Santana played at Cal Poly in April.

According to a poll, Loggins and Messina is one of the acts Poly students would most like to see.

Mountains of red tape have made the booking of concerts in Mustang Stadium a near impossibility.

The departure of Robert Welch from Fleetwood Mac cost Cal Poly a top name concert.
CO-OP

in the teaching is placed on emotional growth. "Of course, we incorporate academics into our program, but we consider emotional growth to be more important. We teach the kids how to react with each other and how to become aware of and recognize each other in a social/emotional sense."

The Mandala School is situated in a country atmosphere far out on a rural route in the direction of Arroyo Grande. "It's very beautiful out here, and the kids just love it," Talsa says. "We have 25 children presently enrolled in our program. Our school building is a multi-room house with a nice creek running by it. We have chickens and rabbits for the children to play with and learn about. Mandala tries to provide a free-living environment for young children to grow in. "Mandala has four full-time teachers, and schedule-wise it's a bone fide elementary school. We run on a regular five-day-per-week school year, and we offer short summer sessions in crafts and other interesting activities," he says. "But the children only spend several hours at the school during the day. This is the school's third year and we feel very successful."

Co-operatives exist to provide a certain service to their members. The services of co-ops are as varied as the co-op members themselves, but they all have one thing strongly in common: Togetherness, the key ingredient to their operation. Without a cooperative effort from all the members, the co-op is defeated and the members dis- unified, Presley declares. "There must be a feeling of warm togetherness, a sensibility of unity, or a cooperative cannot honestly bear that title."

from the editor

A couple quarters ago, we took an informal poll of the campus and found that student preferences for outsted stories centered on sex, music, and drugs. In past issues, we've tried to act on those preferences. We've featured articles on both sex and drugs.

And in this issue, we have music. What about Music? Well, what about it. That's exactly the question reporter Frank De Santis asked Cal Poly's student body in our Poly Royal Issue was really the Jack House. We called the other dby with a complaint. It seems that a picture labelled "The Outpost" was leaving us in musical limbo.

And then there's the limbo of bannister sliding. The third place winner of the Music Delights trivs award this Issue goes to an album called "Mom's Apple Pie". If you ever get the chance to compare the original album cover with the censored cover, by all means do so.

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or two nights a week, or for a few hours on the weekend, Intramural sports are wonderful. Sometimes a $0.25 entry fee is charged when trophies are awarded. Tennis, racquetball, swimming, bicycling, wrestling, table tennis, badminton, and no lectures. Another reason Madrid cites for the program’s popularity is that night and weekend sessions are more convenient for women, who have no locker room adjacent to the Men’s Gym in which to shower before hurrying to their daytime classes.

This quarter four intramural sports are offered on a regular weekly basis: basketball, volleyball, softball and soccer. Soccer is also offered during the winter quarter, and football is played in the fall.

Any group of students large enough to muster six teams can form a league. Heaton said. Currently there are two leagues playing softball, a coeducational-open division and a housing league. Basketball has three leagues; an A division for advanced players, a B division, and a housing league. Soccer boasts one league. To accommodate the number of students wanting to play, the leagues are subdivided so, all totaled, over 100 teams are participating in the weekly Intramural program.

Special Intramural meets are scheduled this quarter in handball, track, tennis, racquetball, swimming, bicycling, wrestling, table tennis, badminton and judo. Sometimes a $0.25 entry fee is charged when trophies are awarded.

If group sports aren’t your dish, there are several physical education facilities open for general use. The weight room in the Men’s Gym is open on week nights, 7-8:30 p.m. and on weekends from 12-3 p.m. Use of the room is coeducational. The swimming pool at the gym is open on week nights, 7-8:30 p.m. and on weekends from 12-3 p.m. to check out athletic gear students need only present their ID cards.

If you’re looking for something to mitigate the pressures of studying one or two nights a week, or for a few hours on the weekend, Intramural sports might be your answer. This isn’t an advertisement for Intramurals, just a notice that there’s an active program on campus that provides free and enjoyable sports for students in their spare time.

Intramurals, specifically, are for “non-athletes,” those students not signed up for any school sport. Dick Heaton, Intramural director, said that students have been substituting Intramural activity for P.E. credit for a couple years.

This quarter almost 20 per cent of the student body, or 2,500-3,000 students, are participating in the Intramural program. This figure doesn’t include the 1,000 students participating in Intramural sports for physical education credit. Dick Heaton, Intramural director, said that students have been substituting Intramural activity for P.E. credit for a couple years.

Heaton, who also is Assistant Athletic Director, said that student participation in the Intramural program has tripled over the last four years.

John Madrid, a student supervisor of Tuesday night’s volleyball teams, said the main attraction of Intramurals is that the activities are mostly play and no lectures. Another reason Madrid cites for the program’s popularity is that night and weekend sessions are more convenient for women, who have no locker room adjacent to the Men’s Gym in which to shower before hurrying to their daytime classes.

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Soccer and football are the only two sports that aren’t coeducational.

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If you’re interested in joining an Intramural team or participating in a special one-time meet, signups are in the Intramural office, Rm. 104 in the Men’s Gym.