Concern goal of fast

"Can you spare a bite to save a life?" A Fast for Food Day will be held Thursday at 11 a.m. in the Place of the University Union in an effort to help combat world hunger.

The Political Action Club and the Student Communities Services are sponsoring a university-oriented program that began last Tuesday when Reverend Paul Wuest of the task force on hunger and former Cal Poly Chaplain, spoke on the role of the individual in fighting world hunger.

Students living in dorms, Housing Glenn and Tropicana residences will be encouraged to sign up to miss lunch Thursday. Cal Poly Foundation and the local food industries have agreed to donate money allowed for the meals to the Direct Relief Foundation in Santa Barbara. The DPF is a non-profit, non-political organization.

The gesture of honor at Thursday's "Fed-Fast" will be Mr. Nicholas Roberts of the United Farm Workers. The sponsors will "ask people to fast for the day and donate the money they would normally spend on meals to the DPF," said Bruce Orr, member of the Student Affairs Council.

The groups have made a menu, using lunchroom items from student's fridges. Wine, beer and ice cream will be available in the DPF, said David Steinholtz, member of the Political Action Club.

The plan calls for the student to "get in touch with his body." Individual action can make a difference in the attempt to solve the world food shortage, he said.

The sponsoring organizations plan to have a fast once each quarter. SAC has approved the program and Scott Pickorin, present ASI president, encourages the idea, said Orr.

Similar programs have been held at Mount Mary College, University of California at Santa Cruz and Notre Dame University. The entire city of Santa Barbara, Orr said, recently held its own Fast for Food and it was successful.

Council to review towing

The University's policy of towing parked illegally again will be subject to Student Affairs Council review tonight when SAC meets at 7:35 in Room 220 of the University Union.

Last year, SAC officially endorsed the program to tow away vehicles parked in red and purple parking spaces.

Last week the council discussed the effectiveness of the program over the past year and alternative solutions for easing the parking shortage here.

Tonight they will vote on whether to end or continue the program.

Two weekend fires cause little damage

A love seat and a restroom were set on fire in two separate incidents over the weekend.

On Saturday, a love seat in Main Hall was set on fire causing $150 in damages. The 8:30 p.m. fire destroyed a portion of the ceiling and caused smoke damage to the walls and ceilings of the dorms. According to the fire report, the probable cause of the fire was a "student playing with matches.

A fire in the women's restroom in the U.U. Game Room was put out by U.U. employees after it was discovered and set at 4:15 a.m. The blaze was confined to one stall and caused approximately $50 in damages.
ASI needs integrity of Hurtado, Bishop

I have watched this campaign during the last few weeks as both a voting student and a close political observer. A week ago, with five candidates in contention for the office of ASI president, I could not make a clear-cut endorsement. The platforms were too bare, the goals too undefined, the faults of each candidate too overbearing. But when the choice narrows down to two and the final vote draws near, the issues become clearer and clearer.

Given the two presidential candidates, Rob ChapPELL and Mike Hurtado, and having looked at their qualifications, goals, and motives, my vote goes unquestionably to Mike Hurtado.

Why? Hurtado is a grass-roots candidate, who will get things done for every student group—or at least he will try. Mike supports such varied organizations as women's athletics, revised dorm contracts, alcohol on campus, minorities, adequate parking spaces, HEP, and in his treatment of every minority, an athlete, a radical, a minority, an athlete, a friend. It is my belief that Hurtado is a man who can and will communicate with you, not at you. He will be fair and unbiased in his leadership of SAC and in his treatment of every private interest group.

The combination of Hurtado and Bishop in next year's ASI is a winning one because it is a balanced one: a balance between energy and fortitude, activism and thoughtfulness, experience and a new outlook.

Most of all, both candidates have you, the STUDENT in mind. They don't see you as a woman, a minority, an athlete, a radical, a conservative, an 'aggie, an enemy or a friend. They see you as a STUDENT, the basis of your existence.

So today and Thursday, vote your STUDENT, cast your votes for Mike Hurtado and Phil Bishop. You'll be glad you did.

Marti Nieuwman

Editorial

And Mike Hurtado is not afraid of doing so. Yet if a compromise is in the best interest of the students, I have no doubt that Hurtado will agree to such an action.

He will NOT SHUN ISSUES—something that seems to be an ever-present curse upon ASI presidents. In confronting the problems head on, he may make mistakes, but it is always better to try, and possibly err, than never to try at all.

No one will ever be able to accuse Hurtado of not trying. For ASI vice-president, I remain my support for Phil Bishop. I know he and Hurtado could work well together and could give the ASI the working relationship between its two leading officials that it so DESPERATELY needs.

Both have the quiet, firm assurance of a diplomat, and could be a most effective SAC leader.

Hurtado has received much criticism for his handling of SAC this year, and I would be the first to agree that his abilities to lead a meeting are limited.

But the parliamentary leadership of SAC is not the responsibility of the ASI president, and Hurtado's learning experience as vice-president this past year can only add to and strengthen his potential strength in 1975-76.

On many issues—issues that have been stagnating on this campus for years—the administration NEEDS to be directly confronted.

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Alternative energy seminar next week

A professional workshop on alternatives to conventional energy systems is scheduled for Monday May 19 and Tuesday May 20 at Cal Poly.

The workshop will focus on four types of alternative energy systems—geothermal, hydrogen, solar and waste material—and a relative assessment of their expected impact on the nation's need for energy. The workshop will feature two speakers of national prominence.

Dr. Timothy J. Healey of University of Santa Clara's electrical engineering faculty will discuss "The Case for Alternate Energy Systems" on Monday morning.

Dr. L. I. Papay, director research and development for Southern California Edison Co., will deliver an address titled "A Relative Assessment of Alternate Energy Systems" during a banquet planned for Monday evening.

Registration fee for the workshop on alternative energy systems will be $10. (This includes course material, several meals, certification of attendance, transcript for one unit of professional credits and the cost of the workshop.) A reduced fee of $5 is available to employees of companies which are sponsors of the Cal Poly Electric Institute.

HABILLE'S! Counting Center now open every 8 a.m. to 6 p.m. M-F, Adj: 211.

Drop in and see us!
Scapegoat

Editor:
Mike Hurtado has asked an interesting question, "Who can we turn to for direction and leadership?" Certainly he couldn't have meant himself, because SAC representatives will tell you that Mike Hurtado is an ineffective leader. If Hurtado cannot lead 24 members of SAC or Vice-President, how can he hope to lead 15,000 students as President?

On April 29, Hurtado bailed SAC out of a tough situation by claiming that the members were new and inexperienced and that with that many bad "things" in mind when they ran for office, does he think this is a difficult situation? It's indicative of every year's SAC, including this year's. I am going to write off next year's SAC because of its ineffectiveness. Mr. Hurtado is sadly mistaken, because those of us who are members for SAC's ineffectiveness. The blame lies with the leadership of the "Studier". "Mr. Hurtado you failed!"

A good leader never criticizes the people he has brought in. It is the ineffective leaders who want to scapegoat in order to pass off their own shortcomings and failures. Mike Hurtado has bailed SAC out of a tough situation, and that will continue as long as you are in office. A leader...

April 15, 1974
Michael Ginelli

Hurtado

Editor:
There have been actively involved for the past three weeks in all the campaigning for A.S.I. President. I ran as an effective and honest campaign, made only promises which I knew I could keep and dealt with what I felt to be major issues. I understand now why I didn't win. The problem is different if even in that position exactly. The problem is different if even in that position exactly. The problem is different if even in that position exactly. The problem is different if even in that position exactly. The problem is different if even in that position exactly. The problem is different if even in that position exactly. The problem is different if even in that position exactly. The problem is different if even in that position exactly. The problem is different if even in that position exactly. The problem is different if even in that position exactly. The problem is different if even in that position exactly. The problem is different if even in that position exactly.

During the past two years I've worked with Mike Hurtado and I've seen him change for the better, as he has developed new acquaintances and works with them. He is not altering his own responsibility and is opening up to new people on his own. I feel that he will be able to do an excellent job next year as A.S.I. President and look forward to working with him.

On the other hand, I have view-

"The president was run-
ning with America's problems
Sir, what is the
PRESIDENT: Easy come, easy
go.

REPORTER: Sir, what have you
got to do?
WILLIAM: I've got a lot of charisma.
I'm not bland, don't you see? Hmm, I guess this question is
We... (sometime later) but, to
Sir, what means I'm bland, does
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"The Physicists", a play by Friedrich Durrenmatt, will be presented on May 25-26. The three physicists in the play are (left to right) Mark Ditchfield, Ann Jumbi, and India.

Northridge wins it all (continued from page 7)

1:56:3) and in the 400 individual medals (Guma, 4:12:8).

The meet was without a defending team champion as Chico were elected to compete in Division III under the Association's reorganization plan.

The 1973 meet provided run-up from the 1974 meet a chance at individual honors as five second-place winners from last year captured races this time around.

Northridge wins it all

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Theater Review

'Physicists' views control of weapons

by CONNIE RECCHIO

Friedrich Durrenmatt's "The Physicists", mixing business comedies and science fiction approaches, will be presented as the spring production of the Speech Communication Department at 8 p.m. May 20-21 in the Cal Poly Theatre.

Tickets, $2 for general admission and $1 for students, will be available at the ticket office in the University Union as well as at the box office on the nights of the performances.

Directing the play will be Dr. Michael Malkin, assistant professor of speech communication. He explained the setting is a madhouse and the focus centers around three nuclear physicists. One thinks he is Einstein, one believes he is Newton and the third claims he is visited by aliens.

"The three physicists, for their own reasons, have been quartered in a madhouse," said Malkin, who has acted and directed for universities and professional companies in the United States, Canada, England and India.

"The question the play asks, in a mystery format, is who should have control over the powerful kinds of weapons the physicists have created," he added. "The three physicists stand for physicists at large.

Featuring in the production is a graduate student in education, Ann Jacobs, who plays a band-helmeted and slightly mad, yet charming psychiatrist.

Top fifty to return to KCPR

On Sunday night, May 16th, KCPR 91.3 FM will return the Top Fifty for the past ten years.

The poll, originally run at the Cal Poly Student Center in 1974 due to popular demand and a misunderstanding, "It was scheduled to go on at 6 p.m. but due to the power being out on campus all day we didn't start until 7:30 p.m.," said Larry LaFolle.

"Many of the listeners thought it would be canceled because we weren't on the air all day," he explained.

The next day when they found out that the Top Fifty had been run there was a lot of requests to run it again, LaFolle said.

To participate in the poll, students were asked to write their top five choices on a piece of paper and drop it by KCPR.

The poll ran for a whole quarter to give students ample opportunity to write in their top five picks, LaFolle said.

The results of the poll were published in the Morning Daily.

"The people were pleased with thearium for the Top Fifty even though we expected to have more," General Manager Blair Helsing said.

"Basically, the results turned out like we expected. All the top songs are always heavily requested on Sunday By Request," he said.

The poll will begin at 6 p.m. and will last approximately 5 hours.

Concert

The Chamber Singers of Cal Poly, Pomona, will present a concert of choral music in the David- son Music Center (Room 218) on Thursday, May 22 at 7:30 p.m.

The program will include varied works appropriate for small vocal ensembles including madrigals, motets and contemporaries works.

The public is invited to attend the performance free of charge.

The concert is being sponsored by the School of Communicative Arts and Humanities and the Music Department of Cal Poly.
Campus events

The Public Interest Research group is calling an organizational meeting. It will be in the Library Building, Room 128, Wednesday, May 14 at 7 p.m.

The group hopes to set up a structure by which the group can more effectively research and bring about change concerning student problems.

Their past experience has involved the investigation of the campus housing bureau and the Monument Basin Supermarket.

The group plans to be exchanging ideas on new issues to explore and feasible avenues of action.

All concerned and interested students are urged to attend.

For further information call Dr. Carl Lutwin at 566-2192.

Dr. Hamid Algar of Berkeley will discuss women's contemporary civilization at a meeting at Cal Poly this Thursday.

His appearance is sponsored by the Student Women Association.

The public is invited to the meeting at 11 a.m. in Chaffey Auditorium. Admission is free.

Dr. David Whitwell, conductor of the Wind Symphony at Cal Poly, will be guest conductor at the Cal Poly Symphony Band Spring Concert.

Whitwell has conducted major professional orchestras in Europe, South America and the United States.

Recently he has conducted wind chamber performances by members of the Vienna Symphony in Vienna and in Stuttgart, West Germany, with members of the Stuttgart Radio Orchestra.

Tickets for the concert are being sold in advance at Premiere Music, Brown's Music, King and Queen Stores, as the Ticket Office at the University Union and from members of the band.

Prices are $1 for students and $2 for all others.

A seminar designed to create a better understanding of the California Occupational Safety and Health Act will be held at Cal Poly on Saturday at 10 a.m.

The seminar will be held in the pest of the university's Engineering West Building. The program is being sponsored by the student chapters of the Construction Specifications Institute and the society for the Advancement of Management.

Attendance at the seminar will be limited to 250 people. Advance registration is $5.50 and at the seminar $8. The public is invited to attend.

Application forms are available at the San Luis Obispo Chamber of Commerce, city businesses or at the Activities Planning Center of the university union.

Getting food together

Basic food groups assure good health

by Stuart Watts

Fats are needed by all individuals to yield the fat soluble vitamins, oil for the body, and a high energy source. There is only one fat (there are many types of fats) that is required by the body, linoleic acid.

Linoleic acid can be found mostly in vegetable oils. Vegetable oils are easier for the body to work with than oils from animal sources (saturated fats).

Animal fats in large proportions thought to be a cause of coronary heart disease and high cholesterol problems. 50 percent of the calories from market hamburber is saturated fat), while an intake of vegetable oils is thought to lower the possibility of these diseases.

It's interesting to note that the American fat intake comprises 40 percent of the calories of their diet, while the Asians have only 10 percent fats. Now compare the amount of heart problems with us and them. Of course there are other factors (white sugar, salt, exercise, etc.)

For it is a cheap source of energy for it has twice the caloric value of either carbohydrate or protein. A lot of the energy supplied by fats are used as a fuel source by the body and could explain its large use by the Eskimos (along with the availability factor). It seems that people in colder climates eat more fat than in warmer climates. This might make summer time a good time to reduce fat intake and lose some excess pounds. A complete reduction in fat intake may lead to inability to absorb fat soluble vitamins and a loss of vigor from little energy. Avocados are an excellent source of vegetable fat.

Proteins are also essential to the body. They make up the cellular structure of animals including man. The recommended daily allowance of proteins is 50 grams per day. This figure will adequately sustain a healthy active man. Many people eat more than the recommended amount. The body cannot sustain itself and protein being so important to the diet.

Protein is very necessary, but unless a person is in therapeutic need of protein, eating two or three times the recommended amount is a waste that taxes the liver and kidneys as they attempt to excrete the excess. Two fishwich sandwiches and a glass of milk would give the recommended protein required by the body a day. Be aware of over consumption, two or three good protein sources a day gives plenty.

There are many good sources of protein other than meat sources that can be easily as beneficial if mixed in proper proportions. A mixture of milk products, grains, nuts, beans and a few eggs a week can yield a plentiful supply of protein.

The body cannot sustain itself on any one of these nutrients alone, carbohydrates, proteins, or fats. A mixture of all should be eaten each day to assure proper balanced nutrition. The U.S. Dept. of Agriculture has come out with a program called the "basic four" which is recommended to be eaten daily and is easy to practice as so many people wanting to know what they need for daily maintenance. They suggest in eat the "basic four" daily.

The basic four was a divided scheme to reach millions of people. It uses a Mr. Normal which many of us aren't. It is sound common sense and practical. It is not a diet but a way of life. You can only grow from the experience.

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Telephone: 922-3104

8:30 a.m.-5:00 p.m.
Karate—
“Way of the empty fist”

Black Belt instructor Dick Schaller warms up with members of Cal Poly’s Karate Club.

A high kick with the left foot by Sam Rich puts the top of box.

Photos by Chris Van Ry

Raf Calderon (left) and Dominador Tomata work together in a sparring match.

John Gerbe throws an initial punch with his other hand waiting to follow.
Spikers enjoy sweet taste of winning year

by STEVE CHURM

photo by WAYNE THALLANDER

Middle distance runner Jani Rouds grimaces in the recent women's track finale. Rouds qualified for the nationals in both the 100 and 800.

Matador swimmers win it all

After coming close but losing the last four years, the California State University, Northridge swimming and diving team were the NCAA Division II Champions at Cleveland State University.

On its way to its first swimming title, the Matadors set five NCAA records, 15 school records, and made a niche in history by having the first woman ever to score points in an NCAA event. She was Licia Ferrari, 1971 Pan American Games diving champion from Canada. Miss Ferrari finished ninth in one-meter diving and fourth in three-meter diving.

In his previous five years as head coach, Pete Accardy has led the Matadors to a ninth-place NCAA finish in 1970, fifth in 1971, third in 1972, second in 1973, and fourth last year.

This year, Accardy led the swimmers to a 9-1 record (18-2-0 overall), their sixth straight California Collegiate Athletic Association title, and another spurtless record against league schools. CSUN, in fact, has not lost a conference meet during Accardy's six year tenure. During the three day meet, the Matadors won seven of the 16 swimming events with the team's only setback Healy Brothers, taking part in three relays and winning the 200 individual medley in 1:44.2. Bishop swam on the 500 medley relay and the 800 and 400-yard freestyle relays as Northridge totaled 277 points to quadruple conference runners-up UC, Irvine (251). The five NCAA records set by the Matadors included the 400 medley relay in 3:55.7 (Bob Genoia, Matt Kelly, John Larson, and Bishop), the 800 medley relay in 7:55.6 (Bishop, Kevin Romey, Jerry Arnold, Larson); the 500 freestyle relay in 5:07.5 (Bishop, Brad Bowles, Kelly, Larson) Larson's 100-yard butterfly in 59.9 and Bishop's 1:04.1 freestyle

(continued on page 4)

players. Steve Barretti and Thot Year honor. Along with this honor, the most consistent player, Steve Barretti and Thot McMalton were named in the first team All-Conference.

In the final tournament of the year at Berkeley, the Mustangs were one of five SCCVA teams to travel north for the Far Western Championships.

The foursome moved through their pool losing only two of 10 games and moving into the semi-finals against conference nemesis Cal State Northridge.

But although the Mustangs downed the Matadors both times they met in SCCVA play they were unable to duplicate the feat as Northridge ended the Mustangs's season, one step from the crown.

Pressen reflected the 15-4, 15-8 setbacks.

"Our defeat to Northridge was just another casualty of outstanding play. On that particular day they were5 our best and we jelled at just the right time to best us"

Pressen added: "I thought our overall showing was extremely respectable for our first experience in tough inter-collegiate competition. Just look at our record and finishes in tournament play. They speak for themselves.

In post-season tournaments, play the spikers took UC two second in the SCCVA tourney and third in the recent regional Games diving champions from Canada. Miss Ferrari finished ninth in one-meter diving and fourth in three-meter diving.

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(continued on page 4)
Spikers
(continued from page 7)

The Berkeley tournament marked the end to a season that started the first day of fall quarter.

For Princeton the tourney has given him a chance to reflect on the season.

"We had a strong team this year and I anticipate as strong or stronger team next year with the return of three starters, McAlon, Bartlett and Nat Kaimo,

and super-sub Rick Hasner.

Princeton also has a potential of potential stars that should keep the winning tradition, that the spikers have enjoyed in only four years, in tact.

Vegas site of poker tourney

LAS VEGAS, Nev. (UPI) — The best of the pokerstars converged on Las Vegas Tuesday for the final round of the World Series of Poker with a winner-take-all pot of $200,000 to $500,000, depending on how many players dropped the $10,000 entry fee.

Benny Binion, sponsor of the sixth annual pageant of the gambling pros at the Horseshoe Casino, looked for a big field, possibly as many as 30 players.

"They say there's a depression on," said the long-time gambling joint entrepreneur, "but they came in here with more money than I've ever seen before. Everyone of them's got stacks of money."

The poker sessions begin each night at 7 o'clock and last for 10 hours. Play will continue until one person has all the marbles.


The type of poker is called Hold 'Em, a variation of seven-card stud popular in Texas and throughout the South. Each player gets two hole cards, face down, and tries to match them with five cards dealt face-up in the middle of the table. A winning hand is determined by the best combination of five cards, according to standard five-card rules.

Preliminary play in the World Series started May 6 in a variety of divisional contests. Sam Angel of Los Vegas won $17,000 in the 7-card Lo-Ball Stud Division, a game also known as "Rate;" Billy Baxter of Georgia took in $13,000 in the 7-card Stud; and John Mott of Odessa, Texas, picked up $14,000 in 7-card Stud; and Jay Henwood of New York won $22,000 in the so-called non-professional division.

Discussing Hold 'Em, the $10,000 ante finale, Binion said, "There is no telling who will win this thing. Somebody may win it who isn't even the best player."

Binion is a man with an eye to publicity. The poker is played at his club in the shadow of a display case containing a million dollars in $10,000 bills laid out in the shape of a horseshoe. Binion says he gets more revenue out of the publicity from this blatant display of currency than he would get in interest on the million dollars if it were entirely deposited in a savings bank.

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