Selling swiftly over expansive seas of hot, gray ooncrata, manauvarlng tha acroa padaatrian routea in ona of well-traveled slope, a Cal Poly tha obacurity it fadad into during tha axparlancing a dramatic rabirth from and tannia, akataboardlng ia currantly football, baaaball, baaketball, akiing Californla's finaat modern traditlona: sidewalk-surfer aklma Hckety-spllt abort, aleak rolling platform like a aklar America aa wall. Skateboards have aixtlaa. Tha akataboard phoenix ia rls-Skateboarding, boarda down freaway on-rampa in Ing not only under tha Waat Coaat aun, a carpeted Sierra Madrs hallway. onto a naarby board and aquirtad down and knees, ha explains the recant wound or two on hla hands, albowa Hawaiian aidawalka and grinding their "individuals" call thasa people dedicated in­ a little rekindled enthusiasm. I would aldawalk-aurfing for 10 yaara. Proudly held on to tha sport and revived It with Maine. Making hie turn but nearly crashing dunbar, turned a slander, colored board over in his hands, showing that no wheels had yet been affixed. "sell Super Surfer and Roller Sports urethane wheels along with the boards," he said, setting a cardboard box full of the lemon-tinted wheels on the floor. "I've also got a box of trucks from hand to hand and stated that he also drille holes for truck assemblies. When outpost inquired why he is considered to be in the northern divi­ sion of the dealership with ET (Eddie Talcott) in San Luis Obipo, Dunbar replied, 'It's amazing I'm the northernmost dealer in the state. There are no dealers for skateboards above San Luis Obipo, not even in the Bay Area, so I sell boards to shops which are in the northern half of the state.' He said his name will appear with those of other West Coast dealers in a forthcoming issue of "Skateboarder" magazine.

Dunbar announced that a city-wide skateboarding tournament is scheduled to take place during the morning and afternoon of June 7. "The contest will be run along Bernardo St. and anyone is eligible to enter," he said. "Competition will be divided up into specific classes, and prizes will be awarded." Dunbar said city street sweepers will clean the area needed, and the street will be sealed off from traffic.

Along with airboarding, skateboarding evolved out of beach culture-oriented activities such as surf­ing, the main incentive for the invention of concrete surfing. "You're seeing more and more peo­ ple on skateboards these days," George declared. "It's such an expan­ ding sport. Already other students are building and selling their own custom boards. The sport is increasing to larger proportions than it ever ex­ perienced during the sixties. There are even skateboard companies now. Skateboarding is not a driveway or around-the-mailbox-type thing anymore. It's a well-established sport, and I don't envision it ever fading out again. Baseballs are going to hold their own." outpat

roll your own!
by Starr Shepard photos by Tom Kalsey

frugal fun in the summer sun
Keep your thrills cheap this year.
by Claudia Buck photos by Tom Kalsey and Gili Rocha

from the editor
We think this issue's featured skateboarder, Eric DuVall, is pretty special (see page 1). Not only does he balance himself on a little DC board, he also has a great knack with titles and an eye for creative lay-outs. He's one of the people responsible for the great skating in past issues. And we felt that he was in line for a promotion. So, starting next year, Eric will take over as outpat editor. If anyone is worthy of that job, it's Eric. He's already made some plans for the upcoming year and wants to continue with the same format. He also tells me that he's pleased (as we all) with the quality of reproduction, which he believes has improved in past issues. He hopes to maintain the same standards with some improvement if possible.

The kids at B.S.U. have been working on a skate park for the past couple of years. And now that they're finally going to get paid for it, they're getting ready to start building.

A lot of the credit for past outpat successes goes to these people as well as this year's assistant editor Janet Harring and advertising manager Paul Palmer. Thus, we and this year with an issue of fun. Forget about papers, projects, and finals and read about skateboarding, cheap thrills and how to give a massage.

Be sure and keep in touch when the next outpat issue comes out again in September. Who knows when the featured skateboarder might even give you a few hints.

ELLEN PENSKE, editor
MASSAGE

What comes to mind? Some people envision bright colors, sex, swirling lights, sex, loud music, sex, naked girls and sex.

Others think of gentle hands massaging the tired or sore muscles of the body. They can actually feel the strong fingers erasing the troubles of the day away.

The type of massage we will expose to you to is one of the latter type. We will show you how to relax during the often grueling finals by using simple massage techniques.

According to Bob Barrows of the counseling center, massage is for “people who feel out-of-touch with themselves, things, or other people.”

There are various types of massage. The common Swedish massage involves strong, deliberate kneading, stroking and milking of the entire body.

Rolling is the act of beating the body forcefully.

Although people who have gone through this type of massage say it’s exhilarating, rolling often leaves the body looking like one big bruise. Another type is reflexology, often called zone therapy, or foot therapy.

There is also Japanese massage which involves having preferably a light person walk across your body. Of course, there are many other forms of massage. But, whatever the form, the people still have trouble accepting it.

They think of the massage parlors in Los Angeles and San Francisco, linking sex and prostitution to massage. Unfortunately, when thinking along these lines, the pleasurable as well as the therapeutic cause is lost.

Monnie L. Kindy, a local massageologist, uses Makassar massage — a form of massage she has devised. Makassar is a combination of Swedish massage, reflexology and various Oriental techniques. Before following this guide to a relaxing massage, choose a partner that you have complete
trust in. The person who is giving the massage must be in tune as well as the person who is receiving the energy flow. Okay, are you ready? You need not undress, but it is more desirable and preferable, since it makes it easier to give and receive the massage. Try to relax; remember there should be no pain involved.

The whole body is incorporated into this program. First, the masseuse rubs oil across her hands. You can use mineral, vegetable, or baby oil. Lie on a flat surface, preferably a mat on the floor or table. The flat, hard surface will allow your muscles to remain parallel to the floor, which will enable them to relax in their natural state.

Now, to begin. Let your whole body relax if possible. We will start with the forehead. The masseuse should place her body directly behind the massagee's head. Use the fingertips to follow the bone structure of the eyes and cheeks. Use solid strokes down the neck, forcefully, but not heavily. It is best to start with light strokes until you learn the pressure techniques. Massage the whole face, neck and head. This will enable the person to relax and increase his circulation.

After you have slowly massaged the head region for approximately ten minutes, push on the shoulders and gently pull the neck towards you. Trace your hands across the bones. Now, move along to the hands and arms. Choose one side, then move along to the next. Rub the fingers gently, gently moving the skin. "Milk" each finger, cracking the knuckles. Rub, twist and knead each arm in succession.

The torso comes next. Rotate the stomach area clockwise. Move up slightly and roll the skin between your fingers in a kneading stroke.

The feet and legs take a lot of careful attention. It has been said that the link to all parts of the body can be found on the bottom of the feet. If any tension or pain is in the foot region, it can be connected with other body parts. Don’t go hard on the bones as they can be very tender. Remember to try and stroke towards the heart and if the person experiences any pain — stop!

Have the person turn over on his stomach. Now, use your entire body to perform this technique, the Chinese scratch. Use your fingertips and nails and rub over the entire back region. The person should feel a warm tingling over the entire body. Finish up by massaging the rest of the lower back and shoulders, plus the calves of the legs.

If you are interested in a full body massage, one can be obtained by making an appointment with Ms. Kindy at the Avila Hot Springs. A full hour treatment is $20, with the full use of the mineral baths.

The message Ms. Kindy does is legitimate. She advises clients that even though she advertises that she is fully trained and only gives legitimate massages, people have come in expecting something different. Men have asked her to adorn her body in little bikini-type outfits, as well as a request for a few of the "hardcore sexual stimulations." She advises, "I don’t do blow jobs, hand jobs or any of the other stuff." You can’t relax if you’re sexually excited. Massage isn’t only mean sex!
If your summer plans take you no further than the local Seven-Eleven, you’re in for a grimy, gas-station vacation. If you want to avoid a summer camp but can’t afford Europe, try this: California is brimming over with "cheap thrills"—places to go, people to see, and things to do, all for minimal charge.

"Cheap thrills" in California is a matter of geography as well as budget. The area's attractions are scattered across a massive state, from the northem seacoast to the southern desert, from the San Francisco Bay Bridge to the Mojave Desert. The state is so big that if you were to drive the entire length of California at 80 miles per hour, you'd be gone six months. And if you were to drive it at 10 miles per hour, you'd still be there at the end of the summer.

To get a taste of the wide-open spaces, take a look at the cheap thrills outpost in the Bay Area: the city of San Francisco.

San Francisco is brimming with 'cheap thrills'—places to go, people to see, and things to do, all for minimal charge. "Cheap thrills" is the name that locals give to the city's attractions. There are so many that it's impossible to list them all.

For example, you can visit the San Francisco Zoo, which is located in the middle of the city. The zoo is free and offers a great variety of animals, including lions, tigers, and elephants. You can also visit the Golden Gate Park, which is located in the western part of the city. The park is free and offers a great variety of attractions, including a lake, a playground, and a museum.

If you're looking for a more adventurous experience, you can try the Half-Marathon Run to the Golden Gate Bridge. The race is free and takes you across the bridge to the Marin Headlands. You can also try the Golden Gate Bridge ferris wheel, which is free and offers great views of the city.

Another "cheap thrill" in San Francisco is the Fisherman's Wharf. The wharf is located on the waterfront and offers a great variety of attractions, including a market, a museum, and a park. You can also take a ride on the landmark San Francisco Cable Car, which is free and offers great views of the city.

If you're looking for something more cultural, you can visit the San Francisco Opera, which is located in the city's center. The opera is known for its high-quality productions and is a great place to see a show. You can also visit the De Young Museum, which is located in the Golden Gate Park. The museum is free and offers a great variety of art and cultural exhibitions.

If you're looking for something more active, you can try the Golden Gate Park hiking trails, which are free and offer great views of the city. You can also try the San Francisco Marathon, which is a free event that takes place every summer.

If you're looking for something more relaxing, you can try the San Francisco Botanical Garden, which is located in the Golden Gate Park. The garden is free and offers a great variety of plants and flowers. You can also try the San Francisco Zoo's free admission days, which take place on the third Thursday of every month.

If you're looking for something more educational, you can try the San Francisco Museum of Modern Art, which is located in the city's center. The museum is free and offers a great variety of exhibitions and educational programs.

If you're looking for something more entertaining, you can try the San Francisco Symphony, which is located in the city's center. The orchestra is free and offers a great variety of concerts, including the annual Classic Week.

If you're looking for something more unique, you can try the San Francisco Ghost Walks, which are free and offer a great variety of ghost stories and historical tidbits about the city.

If you're looking for something more peaceful, you can try the San Francisco Zen Center, which is located in the city's center. The center is free and offers a great variety of meditation and spiritual programs.

If you're looking for something more adventurous, you can try the San Francisco Climb, which is a free event that takes place every winter. The climb is a challenging climb that takes you to the top of the Transamerica Pyramid.

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FRUGAL FUN IN THE SUMMER SUN

by Claudia Buck   photos by Tom Kelsey and Gil Rocha
Editor:

In your "from the editor" column in the May 22 issue you stated "...we were able to send a writer and photographer to Lancaster, California (near Palm Springs) to interview a pol man..." Having been a resident of Lancaster, California for the last 16 years, I would like to suggest that this statement is, in essence, false. Palm Springs is 126 miles from Lancaster. That is twice as far as it is from Lancaster to Los Angeles. If you were to draw a straight line from Lancaster to San Luis Obispo it would only be 160 miles. Does that mean Lancaster is near San Luis Obispo? Not in the minds of most people. If I did not know where Lancaster was I most certainly would never find it from your directions. I have never heard of anyone locating Lancaster by saying that it is near Palm Springs and to me it seems ridiculous that anyone would even consider it.

Bob Quinn

outpost

outpost is always looking for creative writers, photographers and advertising salespeople to be a part of our staff. If you are talented in any of these areas and would like to contribute your talents to outpost, and get two units of credit at the same time, then pull a card for Jour. 241 next fall. Or drop by and see us in G.A. 226. See you in September!

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