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photos by Tom Kelsey and Gil Rocha
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super salesman Graham Farran as advertising director and veteran
photographer David Paul Palmar.
A lot of the credit for past, outpost successes goes to these people as
well as this year's assistant editor Jenet Herring and advertising manager
Paul Palmer.
Thus, we end 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.
And be sure and keep in touch when the next outpost issue comes
out again in September. Who knows when the featured skateboarder
might even give you a few hints.
We think this issue's featured skateboarder, Eric DuVall, is pretty special
(page 1). Not only does he balance himself on one foot, he also has
even has a knack with titles and an eye for creative lay-outs. He's one
of the people responsible for the great packaging of past issues.
And we felt that we were in line for a promotion. So, starting next year,
Eric will take over as outpost 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 wo all
would be) with the quality of reproduction, the photos, illustrations, and writing
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3 Frugal Fun in the Summer Sun... 7 Cover photo by Tom Kalsey
4 Keep your thrills cheap this year. by Claudia Buck photos by Tom Kalsey and Gil Rocha

roll your own!
by Starr Shepard photos by Tom Kalsey

outpost
MASSAGE

“Something 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 easing the troubles of the day away.

The type of massage we will expose to you 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. Rollling 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.

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Have the Health & Virtue of a delicate

Girl, such as Fishing & Card Playing.

by Sue Skvama
photos by Gil Rocha
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 disrobe, 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
mass Sage 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
fingertips 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
advised outset that even though she advertises
that she is fully trained and only gives legitimate
messages, 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,
 handjob’s or any of the other stuff.”

You can’t relax if you’re sexually excited.

Massage is not only mean sex.

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**San Diego's Balboa Park has enough going on to last for weeks. Besides the usual bike paths, horse trails and frisbee lawns, the park boasts the infamous San Diego Zoo, a must-see if you do have to part with some cash. The Old Globe Theatre, home of the annual summer Shakespeare festival is also on park property. Every evening dancers and jugglers in Elizabethan costume dance on the green in an open performance for anyone with a seat on the lawn. The park also houses the Museum of Man (American Indian culture), the Museum of the United States Army, and the Alfred Steele Memorial (honorable), the last, open daily 10 a.m.-5 p.m. and 7-9:30 p.m. the newest addition and utilizes a semi-special screen and 80 computer-controlled projectors for its continuous-in-space films. All are divertiones to while away a summer afternoon or evening.**

**Out of town, there's always cleaning your closest.**
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 hobby groop..." 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 125 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 150 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, get two units of credit at the same time... then pull a card for Jour. 241 next.

Editor:
In your "from the editor" column in the May 22 issue you stated .."Just the looks of the thing tell you.

But this new thing from Suzuki is really something. When I first saw the Suzuki RM-128, I thought it was just another motorcycle. But when I sat on it, I knew I had to have one. It's a real screamer.

I'm a motorcycle dealer. I've been in the business for 10 years, and I've seen a lot of motorcycles. But the Suzuki RM-128 is one of the most fascinating bikes I've ever seen. Just the looks of the thing tell you...it's a real screamer.

I had a chance to get up close and personal with the Suzuki RM-128, and I was truly impressed. It's a powerful machine, and the handling is excellent. The rear shocks are gas-filled, and they give the bike a smooth ride. And the transfer ports are so large, they've got 2 bridges in them.

444 Higuera Street
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544-2966
544-2553

"Holy Shit!"
The Sports Center HAS THE RM-125.

"I'm a motorcycle dealer. So I've seen a lot of new bikes come on the market. But this thing (the Suzuki) is one of the most fascinating bikes I've ever seen. Just the looks of the thing tell you...it's a real screamer.

The rear shocks are gas-filled, laid down, and so far forward you almost can't see them. The seat is a big plus, and the transfer ports are so large, they've got 2 bridges in them.

"What's more, it goes even faster than it looks. In fact, guys who've ridden it say it's such a great bike that it gives them their best lap times ever! So if you're looking for a sure way to get around the course faster, look no further. I've got it at my place. The Suzuki RM-125."

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