Redesigning the Galerie

By SUSAN BRUGGER

A collection of student design projects opens Tuesday night at the University Union Galerie.

The fifth Annual Graphic Design Show displays the best work from nine art and graphic communications majors, one of the show's jurors.

Display categories are the same used in past years: Hand lettering, poster design, painting, design communications, paper sculpture, dimension and advertisements are included in the show.

The works were selected by four art professors for the exhibit. Student submitted projects completed before last week's Due date were selected. Jurors were Dr. Charles Buescher, Robert Reynolds and Pierre Sarnoff. About half of the art submitted was selected for the show, according to January Zanella, this year's show's display chairman.

Display rules were established to ensure all pieces were on display. "It was decided that each piece would be on display in the show for one week," he said.

Judging was done as a process of elimination, until only the best remained for the show, according to Kay McKeighen. "The judging took a day and a half to complete."

The annual show begins in late April and ends May 6. The winning project is awarded a prize of $100 and is entered in the Student Art Competition. The winning entry is selected on an annual basis. The show opens a day and a half to complete.

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Absurdities poked

According to Farkas and Wagnalls, absurdities are the "inconsistencies or inconsistencies in logical reasoning, in the way facts are presented, or in the manner of thinking, which makes 'hard to believe.' 

These words combined describe the type of absurdities that normal people would get to one in a logical statement or rule is in comprehensible and make little sense to them. The point is that absurdities exist. And thinking about it is one way to identify or even prevent them in the future.

Poly life looks good after trip north

With all of the grumbling that has been going on about housing, student activities, and the like, the differences are not great, and all of the other problems, if not present, are not in the offing. If so, every one can quit worrying and go away for a few days. It's not as if you can't come back.

Don't insist for this to come off as a "count your blessing" plea. I do not mean to imply that you can just go off for the weekend and leave things here. What I do mean to say is that it is good to give you some time to be yourself and enjoy the company of friends, and to enjoy the fact that there is a real difference between the two.

What I mean to do is demonstrate that there is a lot more to life than just the problems we face at school, and it is very important to be able to take a break from time to time. It is good to have some time to be away from it all, and to enjoy the company of friends, and to enjoy the fact that there is a real difference between the two.

I went on a weekend trip to Berkeley recently to visit two of my friends in law school. Now let me say I have always thought Berkeley was where I really belong, in the sense that I have always felt that I belong there. It is a place that I have visited and returned to many times, and it is a place that I have always felt drawn to.

The first thing that struck me when I got to the Bay Bridge and started up the hill was the beauty of the place. The city is old and some of the buildings are in need of repairs and some of the streets are not well maintained. But the city is beautiful, and the dream that enabled us to go to Berkeley is still very real.

Ghosts? Do they still have these things? Wait a minute. These are just a few comments on the book I have been reading. "I think you may think of them as constituting a ghost."

The real indication of my growing success came Sunday night when my mother, who is now back to work in Oakland. We were sitting at a table in the front room when her phone rang. It was a call from her bank, and she needed to withdraw some money from her account. She was running out of cash, and the bank had closed.

At first the woman at the bank was only too happy to help us. She told us that they had already extended a line of credit to us, and that we could use it to help us. But the woman at the bank was angry at us, and she told us that we had to come up with our own money.

She even suggested that we should go to the bank ourselves, and that we could use it to help us. She told us that she would give us all the information we needed, and that we could come up with our own money. She even suggested that we should go to the bank ourselves, and that we could use it to help us.

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The fact is, I have never had a problem finding money to help us. I have always been able to come up with my own money, and I have always been able to find the money I need. I have always been able to find the money I need, and I have always been able to find the money I need.

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OUR READERS WRITE...

Mary Johnson, Poly Track, wrote a letter to the Star about the track team's problem with overcrowding on Poly's parking lot.

"I am here to write about the problem that we have been facing with the parking lot on Poly's campus. It is becoming more and more difficult to find a spot to park for the track team. We have been trying to work with the administration to find a solution to this problem, but it seems like there is no end in sight.

The track team is facing a lot of challenges due to overcrowding. We have had to change our practice schedule to avoid peak hours, and sometimes we have to park off-campus just to find a spot.

This problem is not only affecting the track team, but also other students who rely on the parking lot for their daily commute. It is a situation that needs to be addressed immediately, and I hope that the administration can take action to solve this issue."
Frat fosters ASI heads

By TONY TANPA

Last year's ASI President
was a student,
and this year's is a student.

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If you've got two
years left in college,
you're probably giving
some thoughts to after
college.

A therapeutic pool
for Casa de Vida,
explained the reasons for purchasing a
therapeutic pool for their patients.

How to increase
your career potential.

A BRIEFCASE
FOR YOUR
LIFE AFTER COLLEGE.

how to increase
your career potential.

Your life after college
is what you make of it.

If you've got two
years left in college,
you're probably giving
some thoughts to after
college.

ARMY ROTC has prepared a briefcase
to help you do just that. Arm your
self with facts on the job outlook,
job search and career statistics. Learn

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briertcase for your life after college.
Shop's miniatures reflect colonial era

Charles Chaplin
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The Great Dictator

Playing with The Marx Brothers

A Night at the Opera

Wednesday, April 26

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Double-take! $1.29

Take me back to A&W

Double-patty (100% beef)

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Order at a price that

Savor and save

Economical with your

double order. Take one back for more.

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By TONY TIANPA

It's the land of the Big Trees and it's the place where our state laws are written. It's home to some of the greatsafe politicians, more so than you can expect to find in a town or village. The Sacramento area is the center of the state government, where the decisions are made.

The capital building is in the midst of a large-scale renovation project. Meanwhile, the state capital is in Sacramento. In fact, one of the most recent renovation projects in the city is the state capital itself. The project has been underway for several years.

The story of the Big Trees is a history of the state of California. The trees were once the tallest in the world, but they have been declining in recent years due to a combination of natural and human causes. The state has taken steps to protect the trees and their habitat.

The University Union Travel Center

Let's get you there - for less!!

Complete booking for charter and commercial flights.

Information on student-budget travel around the U.S. & the world.

Attention: seat spaces on low-cost summer European flights are going fast! Don't be left behind! Come in and see us today!

Located in the union across from the Ice Cream Parlour - open M-F 10-5 PH# 5346-1127

The state capital in Sacramento is in the midst of a large renovation project. (Daily photo by Dennis Story)

ANNOUNCING

Birkenstock Week

Come in and meet

MARGOT FRASER
President of Birkenstock, USA
Saturday, April 22nd
FREE DRAWING

To celebrate Birkenstock Week and Margot Fraser's visit, we will be giving away a pair of Birkenstocks to the first person who enters our store. We will not be able to give away any additional pairs. Stop by and see us today!
Poly Royal previews:

Hot rodeo competition:

The Poly Royal will be holding a rodeo competition as part of their event. The rodeo will feature various events such as bull riding, barrel racing, and bronco riding. The competition will be held on the Poly Royal grounds, and the public is welcome to attend.

Poly Royal business:

The Poly Royal is holding a business event to attract potential businesses to their location. The event will include a presentation by various exhibitors, a Q&A session, and a networking opportunity. Attendees will have the chance to learn about the benefits of doing business with the Poly Royal.

Rodeo sweethearts:

The 1978 Poly Royal Rodeo Sweethearts will be announced at the rodeo event. The sweethearts will be selected from a pool of candidates and will be featured in various rodeo events.

Tractor pull contest:

A tractor pull contest will be held as part of the event. The contest will feature various models of tractors competing against each other for the title of best tractor. Attendees will have the chance to watch the tractor pull in action.

PG&E employees accept anti-nuclear info

The PG&E employees are accepting information on anti-nuclear topics. The information will be provided by a representative from the California Peace Movement. The employees will be able to learn about the dangers of nuclear power and the alternatives available.

Juniors!!!

NEED A SUMMER JOB?
WHY WORK?

If you are a junior majoring in math, physics or engineering, the NAVY has a program that you should know about.

It is called the Nuclear Propulsion Officer Candidate - Collegiate Program (NUPOC-C) and if you qualify, you can sign up as much as $900 a month right through your senior year.

If selected, you have qualified for an elite engineering training program which will lead to unequaled hands-on responsibility, a $54,000 salary in 4 years, and full-ridged qualifications for jobs in private industry should you decide to leave the NAVY later.

For more information, call (contact station to station) LT Tim Northrop at 213-692-5261 or send your resume to NAVAL OFFICER PROGRAMS 4727 Wilshire Blvd. L.A., CA. 90010.

GET INVOLVED NEXT FALL

Come to the STUDENT INVOLVEMENT CONFERENCE Saturday, April 22nd. Room 230, University Union.

Learn about opportunities for membership on University committees such as scholarship selection, health services, faculties use, food services, parking management, graduate studies commendation, campus planning, etc.

You'll hear about opportunities for students on committees of the Academic Senate such as instruction, curriculum, personal policy, general education and breadth, library, etc...

You'll learn about the Student Senate and its student affairs committee.

AND, you'll find out about the many openings in student government from Paul Curtis, Larry Robinson, Bob Walters and Jimmy Nault.

All Candidates and their campaign managers can be seen to be in attendance for the complete student involvement workshop/candidates meeting.

Your films deserve the best 24 hour photo finishing for your KODACOLOR P.N.C. CAMPUS CAMERAS

Central Coast's Most Complete Camera Store
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SATURDAY, APRIL 22

At 9:00 am UU 220
Meatless menus compose valid diet

By PAULA CHAMBERS
Daily News Writer

If you feel heavy and sluggish after a meal, and if meat is a big constituent in your diet besides, you may be following a meatless diet. Meatless menus are a valid way of eating, and can be done in a way that allows you to enjoy a varied diet. The Menus, a publication of the American Dietetic Association, states, "A person should not be confused for a vegetarian just because he eats a meatless diet. The person is following a vegetarian diet only if he avoids all foods of animal origin, including eggs and dairy products." 

"Vegetarianism is valid because, and can be done in a way that allows you to enjoy a varied diet," said Dr. H. Phillips, an expert on the diet. "The problem is to ensure that the diet is well-balanced and that all essential nutrients are included."

Phillips said that people are becoming increasingly aware of the health benefits of a meatless diet. "The results, he said, "are that people are gaining an increased awareness of diet and health, and are making better food choices for themselves, and they would feel better about it."

"Many people who have been following a meatless diet, he added, "say they have noticed a decrease in their weight, and that they feel more energetic."

Phillips also noted that some people who have been following a meatless diet have noticed that their digestion has improved, and that they have fewer digestive problems.

"Venturi also noted that she was not aware of any medical reasons for excluding meat from a diet," she added. "I can not conceive of any health factors that would call for excluding meat from a diet," she said. "A person should consult a doctor about his or her diet."

Phillips added that a person's health is usually seen from other factors too full or sluggish after a meal, or being opposed to the killing of animals for human consumption.

"I don't hold much conviction in the idea that meats are harmful as such," he said. "There are some meats that are better than others, and the amount in a serving size is also important."

Although she did eat fish for a few years and she currently eats eggs and fish, Phillip is a confirmed vegetarian and believes it is much healthier for the body.

"I have had only one cold in eight years," she reported. "When my body is nutritionally balanced, the advantages in my system are evident."

Being a vegetarian can be healthy, but requires a lot of knowledge about types of foods and how to mix them efficiently according to Phillips.

"I really recommend reading about different diets first," he said. "A vegetarian must know how to complement the protein, how good the diet is to begin with, and how to incorporate foods into a vegetarian diet."

For a well-rounded diet, Phillips said a person should make sure that foods are being consumed from four categories: dairy, bread, fruit, vegetables, and protein.

"A vegetarian has to know how to put the diet together to make up for the loss of protein that is found in meats," she added. "There are vegetables, such as beans from vegetables, and fruits, but they must be incorporated correctly."

Being a vegetarian can offer some alternative according to Phillips. There are three types of vegetarians: the vegies, who eat only fruit, vegetables and grains; the ovo-vegetables, who will also consume dairy products and eggs; and the lacto-vegetable, who excludes eggs but will eat dairy products.

"It is possible to receive adequate nutrition in all three," he said. "However, the vegies and lactos are more assured of obtaining a balanced diet because they are eating more protein."

Phillips added that the vegies must know how to combine foods to get a good variety of vegetables that are green below and brown above.

Although not normally consumed, the vegies look and taste like, may be seen, consume fish.

"Fish is a meat," said Phillips, "but sometimes a vegetarian will eat it, or his diet will consist of only fish and vegetables."

Phillips added that a person has to experiment with different types of meats, and don't leave a heavy feeling after a meal.

"I don't eat eggs products because they have too much sugar in the body," he said. "You have a lot of beans for their protein, I think. The milk is also important."

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Speaker explores creative source

Poly percussionists elude the gong

Poly percussionists elude the gong

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Telephone 543-5554

Mike Murphy, Owner.

We later arranged it so that the
five of us could perform it.

The piece is written and
performed as a symphony
according to Jones. While
the group performs, it is
in silence.

"We had performed at a
few high schools that
had about all, but that
was before the "Gong Show,"
in which we received a letter
when we were done for the
last time, and we were the last
not on TV," Jones said. "But
we had a lot of fun making the
show..."

"At least they gave us
food and drink," Jones
added. "We have a lot of fun
making the show..."

"I planned to continue
the show, but I had a lot of
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"In any case, we were the
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Life is a racquet

Heather Corey, of the Cal Poly women's tennis team, shows her form, before the Scots, against Cal Poly Pomona.

Playing tennis is tiring business and when you don't have a cup to fill with water, the next best thing is an empty tennis ball.

Photos by
Vince Buca

Benefit tourney this weekend

Attention racquetball enthusiasts! The 3rd Annual Cal Poly Tournament will be held at Melvin Driving Range, April 24th.

According to the American Racquetball Association, this is the first benefit racquetball tournament to be held in the area, he said.

There will be seven divisions in the tournament. The first is the men's division if the event is entered by the men entering the doubles division.

There will be four singles divisions in which both men and women will compete.

There are six women's divisions open and there will be two men's divisions in which both men and women will compete.

Not only do they have a trophy waiting for the winners, they also have a $100 cash prize waiting to be won by the best player in the tournament.

The tournament is open to all players and amateurs, and amateurs will face an fee of $25.

Players will receive round trip tickets and have the chance to play with the tournament's host.

The tournament will be held rain or shine and will close at 5 p.m.

Cancer is often curable.

The fear of cancer is often fatal.
Sexual discrimination with a new twist

...fighting lies...—During a televised game between the San Diego Padres and the Giants, announcer Len Kasper reported that Derrel Thomas and Gene Smith, ex-Cal Poly basketball stars, were involved in an "everything." Smith went so far as to say that Thomas later apologized to Smith, the manager and the entire team. Having failed in the anti-sexism league, one wonders how anyone could get into a fight with him.

A sporting view is a weekly column in the Daily.

Main man in free throws

Cal Poly basketball guard Bob Nicholson is in free throws heaven. He has made 8 of 10 free throws so far this season, including 6 of 7 attempts against Saint Mary's. Bob, who averages 10 points a game, is the Mustangs' top scorer and is leading the team to a 13-0 season. His free-throw percentage is a team-high 85 percent.

Nicholson 11th in free throws

Nicholson is currently 11th in free throw percentage among Big-D conference free-throw leaders, with a percentage of 85 percent.
Earliest Bird Specials

Backpacking Kick-off

Starts 7:00 a.m.

TOMORROW, APRIL 20TH. OPEN THURS. NITE 'TIL 9:00 P.M.

We're kicking off this season right with a great savings on all kinds of backpacking equipment, stock to the brim with merchandise. Come in early for the best selection.

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