

Sailing swiftly over expansive seas of hot, gray concrete, maneuvering the short, sleek rolling platform like a skier navigating rapidly down a smooth, well-traveled slope, a Cal Poly sidewalk-surfer skims lickety-split across pedestrian routes in one of California's finest modern traditions: Skateboarding.

Rating relatively low among more popular Golden State sports such as football, baseball, basketball, skiing and tennis, skateboarding is currently experiencing a dramatic rebirth from the obscurity it faded into during the sixties. The skateboard phoenix is rising not only under the West Coast sun, but throughout central and eastern America as well. Skateboards have again begun racing their wheels over Hawaiian sidewalks and grinding their boards down freeway on-ramps in Maine.

Sam George, a freshman journalism student, has been a veteran of sidewalk-surfing for 10 years. Proudly displaying scattered scars and a wound or two on his hands, elbows and knees, he explains the recent upstage of the sport, "As I see it, some skateboarders from the last decade held on to the sport and revived it with a little rekindled enthusiasm. I would call these people dedicated individuals."

George tossed his 155-pound frame onto a nearby board and squirted down a carpeted Sierra Madre hallway. Making his turn but nearly crashing into a chair, he continued from a

distance, "Actually, the real catalyst of the new excitement in skateboarding is the urethane wheel. It was introduced about a year and a half ago, but people have just begun to realize its potential. It's completely revolutionized the sport."

The urethane wheel is about two inches in diameter, the same diameter as a standard wheel, and one may select from several different breadths. It is amber-colored and transparent. "Urethane wheels are hard rubber which do not chip like the old flesh-colored wheels do, and they are flexible enough so you can coast, bounce and turn with better grip," he said, rotating a pair of the yellow wheels over his palm. "They last longer, too. As far as I'm concerned, these wheels have done everything for skateboarding."

A set of four urethane wheels runs upwards of \$15. Each pair is attached to a truck assembly, the metal fixture which holds the wheels to the board. Wheels and mounting assemblies are sold separately. A person can choose from a variety of truck assembly designs.

George, his sun-bleached blond hair tied back, skated outside through an open doorway as his friend Dan Dunbar came in, carrying an armload of crinkled sheets of newspaper. Dunbar, a freshman business administration student, is titled the Northern California Wholesaler for ET (Eddie Talcott) skateboards. He sells high-quality fiberglass boards right from his dorm room.

"I started by calling and writing letters to skateboard companies," he said, unraveling the newspapers, "asking for stock that I could sell. ET took up my idea, but they sent me only excess low-quality stock at first. When they understood that I was serious in selling boards, though, they sent me regular, high quality stock."

The unwrapping revealed several shiny, new custom ET boards. "These run about \$30. They're a big improvement over wood boards because they don't chip or crack as readily." He also pointed out that they are lighter. "They're really flexible, too," George chimed in upon his return, jumping up and down on his board as if he were riding an invisible pogo stick.

Dunbar turned a slender, colored board over in his hands, showing that no wheels had yet been affixed. "I 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 in the closet." Surrounded by pictures of surfing scenes and tattered skateboard advertisements taken out of magazines, Dunbar pitched a wheel from hand to hand and stated that he also drills holes for truck assemblies.

When outpost inquired why he is considered to be in the northern division of the dealership while living in San Luis Obispo, Dunbar replied, "It's amazing! I'm the northernmost dealer in the state. There are no dealers for skateboards above San Luis Obispo,

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 skateboard tournament is scheduled to take place during the morning and afternoon of June 7. "The contest will be run along Serrano 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 skimboarding, 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 people on skateboards these days," George declared. "It's such an expanding sport. Already other students are building and selling their own custom boards. The sport is increasing to larger proportions than it ever experienced 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. Skateboards are going to hold their own."

outpost

roll your own!

by Starr Shepard photos by Tom Kelsey



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from the editor

We think this issue's featured skateboarder, Eric DuVall, is pretty special (see page 1). Not only can he balance himself on four little wheels, but 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 packaging of past outpost issues.

And we felt that he was 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 we all are) with the quality of reproduction, the photos, illustrations, and writing in past issues. He hopes to maintain the same standards with some improvement if possible.

I think he'll get that improvement with the talented staff he's chosen to work for him. He's picked long-time contributor Sue Hagen to organize the writers, creative photographer Gil Rocha to be in charge of production, super salesman Graham Farran as advertising director and veteran photographer David Stubbs will be chief photographer.

A lot of the credit for past outpost successes goes to these people as well as this year's assistant editor Janet 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.

ELLEN PENSKY, editor



by Sue Skvarna
photos by Gil Rocha

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 gruelling 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. Roling is the act of beating the body forcefully. Although people who have gone through this type of massage say it's exhilarating, roling 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 massagologist, 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

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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 oils.

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 massee'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 tenseness 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 massage Ms. Kindy does is legitimate. She advised outpost 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. It doesn't only mean sex.

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If your summer plans take you no further than sippin' slurpees at the local Seven-Eleven...if you're rarin' to go, but your pocketbook says no...if you want to avoid a bumper summer but can't think how...then you're in luck. California is brimming over with "cheap thrills" — places to go, people to meet, and things to see and do — all of which are either absolutely free or minimal charge.

So before you resign yourself to a bottle of suntan oil in the backyard, take a look at the cheap thrills outpost has gathered up for you.

Just as there are numerous places to arrive, there are numerous means of getting there. Bicycling is one of them. You don't have to be a 50-mile-a-day trekker to enjoy a bike outing. For starters, pedal across the San Francisco Bay on the Golden Gate Bridge where pedestrians and cyclists are as frequent as cars. As long as you don't attempt to jump off the bridge, no one will mind if you stop midway to look out over the San Francisco skyline or peer down at Alcatraz Island.

For the veteran biker, the 30-mile stretch of Monterey Peninsula between Carmel and Monterey offers spectacular views of the Pacific coastline. Bikers get special privileges, as the toll on Seventeen Mile Drive (normally out-of-range for most student budgets) is waived on weekdays. On heavy traffic days and weekends the toll applies to autos and bikes alike.

Further south, Santa Barbara bike lanes (marked by the ever-familiar green and white "Bike Route" signs) form a circuit which connects the biker with the Hope Ranch foothills, the University of California at Santa Barbara campus and the shoreline of the Santa Barbara Channel. For the complete loop, start at either Las Positas Road west (just off U.S. 101 south) or the Andre Clark Bird Refuge.

For those with motorized bikes, California has a multitude of trails for folks who like to bite the dust. For steep climbs and semi-rugged terrain, the hills at the junction of Interstate 5 and Highway 46 challenge to the dirt-bike devotee.

The backcountry roads near the obscure sleepy towns of Havila and Bodfish (the kind you miss if you're going more than 35 m.p.h.) are recommended for bikers who want to beat the Bakersfield Valley heat. Take the Caliente exit off Highway 58 through the old railroad town of Caliente, left at the fork and wander off on scenic sideroads or continue through Havila and Bodfish to Lake Isabella.

If you'd rather watch machinery than ride it, tours through production plants may be appealing. Whether they are producing cheese, Ford trucks or Hershey's chocolate, factory tours can be fascinating — especially those which provide free samples at the tour's conclusion. Among those offering daily guided tours are the two cheese factories in Riverbank, northeast of Modesto on State Highway 108. Free tours of the entire cheese-making process are from 8:30 to 11 a.m. on weekdays. Check your local area for others.

Don't forget the biggest mass-production plants of all — television studios. Both CBS (Monday-Friday, 1-5 p.m.) and NBC (Monday-Saturday, 10 a.m.-5 p.m., \$1.75) studios in Los Angeles offer tours and a chance to glimpse the stars. If you're interested in being on a game show, write for tickets in advance.

Another means of travelling from point A to point B is via a black, vinyl doughnut, better known as "inner-tubing." This sport requires little besides the ability to flop onto an inflated innertube (preferably the large, truck-size variety) and let the current carry you downstream. Steering is done by the sophisticated hand-peddling method or by pushing off rocks or the bed of a stream.

Beverages in sixpack form can be tied to the tube for accompaniment on the river run. Long runs usually require a two-car system: one parked at the end of the run and one left at the departure point. Otherwise, be prepared to tote your tube back upstream to your car.

Although any moving waterway will suffice for intertubing, two popular ones are the American River by Sacramento and the Mokelumne River, running between Stockton and

Sacramento. Look for the less-travelled backways which branch off the main streams.

If you're a landlubber at heart, California's unique chain of historic mission provides an entertaining means of canvassing the state as well as learning some history on the side (even if it is summer vacation). Start at either end of the 21 mission chain. Don't forget the lively cities which sprang up around the early settlements: San Diego, San Francisco, Santa Barbara, etc.

Some of the more picturesque missions are those tucked away off the major freeways. Mission La Purisima is 15 miles west of Buelton. San Miguel Mission, 8 miles north of Paso Robles, is one of the most unspoiled. San Buenaventura, the last of Father Junipero, Sierra Missions is in Ventura. The extra drive is worth the visit. Mission hopping can be an entire summer excursion or a one-week getaway (just ask Mayor Alloto's wife).

Another escape to the past (this time not so distant) is exploring the back-country ghost towns. Many are the last remnants of gold-rush boom towns, which died when the ore veins dried up. Among the remaining relics, Bodie (19 miles southeast of Bridgeport, via Highway 395 and Bodie Rd.) stands out as one of the best preserved. In its heyday, Bodie was a lawless, rowdy town of 12,000 where frequent stage holdups occurred. Some maintain that much of the loot is still buried in the surrounding mountains. Today wooden houses, stores, a schoolhouse and several mine buildings remain for prospective pirates to poke around in.

Columbia (4 miles north of Sonora via Highway 49) was a prime gold resource town with some \$67 million mined before it closed. Since its retirement as a gold producer, Columbia has been restored and is now a state park. Its small-town quiet is broken only by the blacksmith's forge and the clattering stagecoach visitors can ride.

For the more dilapidated, untouched ghost towns, visit the Sierra-Plumas-Nevada counties area above Placerville on Highway 49. Ten or more towns are clustered here (Port Wine, Goodyears Bar, French Corral, Alleghany) and all are in various states of disrepair.

If you find travelling up and down the state on the hot summer sun leaves your palate parched, pull into the cool, dark damp of one of California's wineries. The wine industry in California has gained worldwide recognition and the wineries open their doors daily to share their fame with the public.

Free winetasting and tours are offered by the hundred or more wineries scattered throughout California. Most are located in the six major wine-producing areas: Napa Valley, Livermore Valley, Santa Clara Valley, Sonoma-Mendocino, Central Valley, Great Central Valley and Monterey-San Benito. The Santa Clara Valley, between San Jose and Santa Cruz on U.S. 101 or Highway 17 boasts two of the big names in California wines: Paul Masson and Almaden. The Masson vineyards in Saratoga also host concerts on summer weekends.

Inevitable, in every traveller's day comes the time to find the most comfortable overnight accommodations for the least amount of cash. Camping with a trusty sleeping bag is an easy solution in most places; check with local Chambers of Commerce for private, county and state park facilities available. Be wary of public beaches and parks where local police are apt to roust snoozers.

Other alternatives are youth hostels which cater to those backpacking, bicycling or otherwise without cars. Rates are often under \$2 per night for hostel members. (Annual membership costs \$10 for those over 18. For more information, write American Youth Hostels, Inc., National Campus, Delapland, Virginia, 22025.) Thirdly, the YMCA or YWCA provide inexpensive housing for travelers, rarely over \$8 a night for a single.

Before you totally lose yourself out on the country biways, don't overlook what the city has to offer. Free summer concerts are held under the stars at Redlands Bowl in the same city. Known as "Rock 'n Roll Lyceum," the atmosphere is casual and the Saturday night shows of rock bands,

folk singers and comedians always pack in the crowds.

San Diego's Balboa Park has enough goings-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 even 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 House of Charm (containing the Hall of Champions sports museum), and the Reuben H. Fleet Space

(honest). The latter, open daily 10 a.m.-5 p.m. and 7-9:30 p.m. is the newest addition and utilizes a semi-special screen and 80 computer-controlled projectors for its continuous man-in-space flicks. All are diversions to while away a summer afternoon or evening.

Other mentionables, among the many in cities: If you're down in the Los Angeles neighborhood, take in Olvera Street with its Old Mexico style shops, open booths and restaurants. As long as you're not tempted to buy, the venture is free.

Another attraction is the Rancho La Brea Tar Pits at Wilshire Blvd. and Curson Ave. where Ice Age dinosaurs were trapped in the sticky mass and preserved forever. The observation pit reveals their remains just as they were discovered. Absolutely free, the pits are open 10 a.m. to 5 p.m., Tuesday through Sunday.

For the northerners in the San Francisco vicinity, head up to Coit Tower after dark. On a clear night, the view from the top is one of the city's best.

with San Francisco spread out in a panorama of pinpoint lights. For the daylight hours, don't miss the Midsummer Music Festival at Sigmund Stern Grove at 19th Ave. and Sloat Blvd. Throughout the summer on Sunday afternoons, jazz, ethnic dance troupes, symphony, opera, entertainers and musicals are presented free in the grove.

For the ultimate cheap way to enjoy the sun, there's always nude sunbathing (you don't even need to buy a bathing suit). Although Pirate's Cove is well known to watchers and waders alike in San Luis Obispo, Black's Beach, north of Scripps pier in La Jolla, is a natural for bathers in the buff.

But don't stop here — the list of California nooks and crannies waiting to be explored is endless; the only limit is your curiosity. In case one of these ideas sparked any interest, or you are one of those blasé done-it-all-twice-types, check out El Corral's offerings on other directions to go.

One such guidebook, "Camping without Gasoline" by Jim Craine and Terry Milne, is a how-to on getting you into the woods without your car, or at least with better efficiency. Another helpful book loaded with suggestions is "Where Can We Go This Weekend?" by George Lowe, featuring over 100 travel adventures in southern California.

An excellent source of free info on trail hiking, boating sites, ghost towns, bicycle routes, rockhounding, wineries... is the Automobile Club of Southern California, 2601 S. Figueroa St., Los Angeles, Ca., 90007. Write them for guidebooks with details and maps on how to get there and what's in store once you arrive.

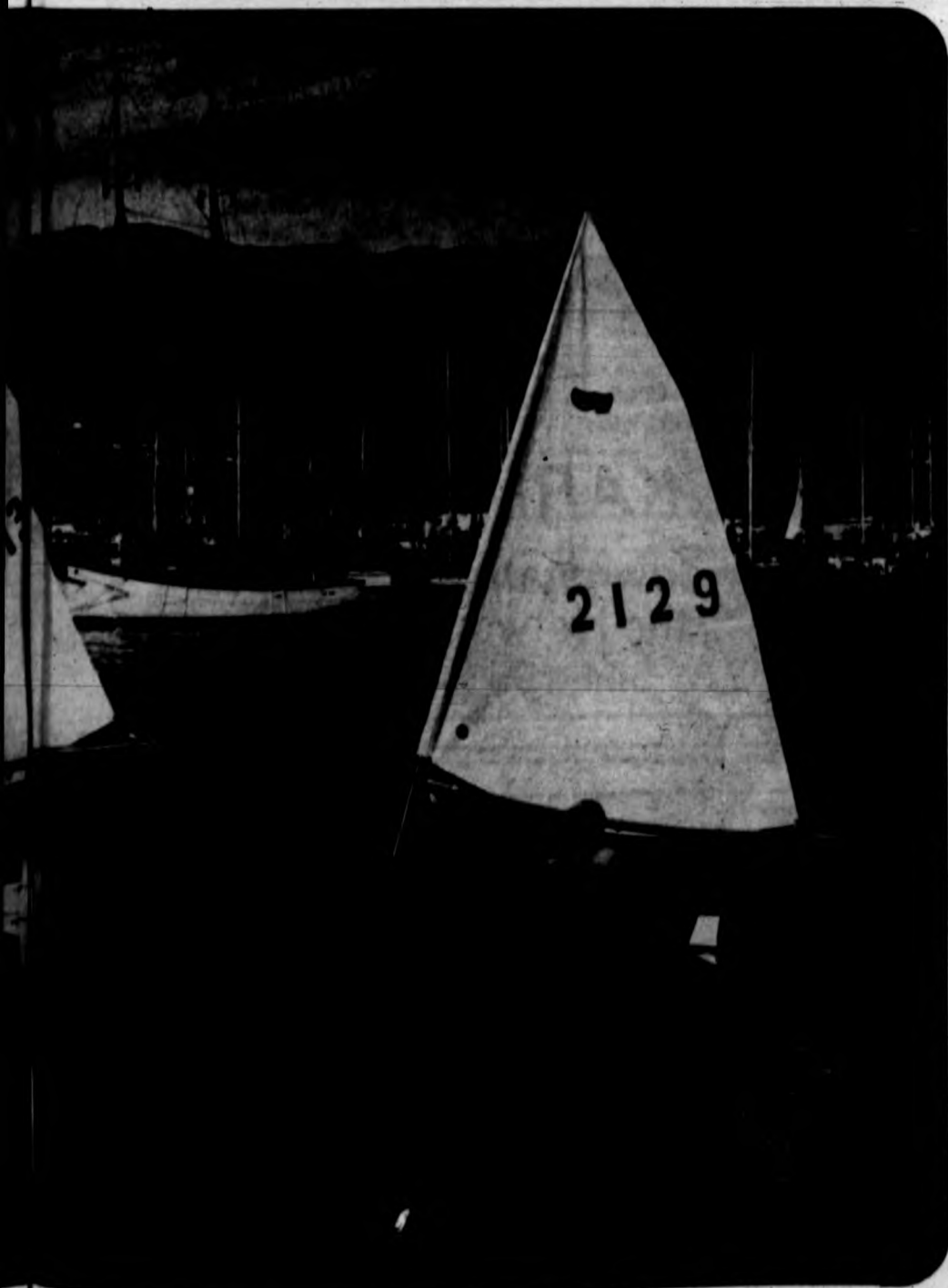
If all else fails, there's always cleaning your closet.

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FRUGAL FUN IN THE SUMMER SUN ☀️☀️☀️

by Claudia Buck photos by Tom Kelsey and Gil Rocha



letter

Editor:

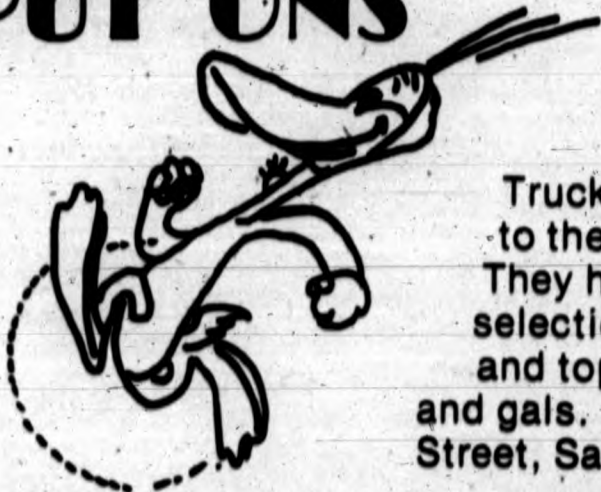
In your "from the editor" column in the May 22 issue you stated "...we were able to send a writer and photographer to Lancaster, California (near Palm Springs) to interview a Poly grad..." Having been a resident of Lancaster, California for the last 15 years, I would like to suggest that this statement 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

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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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AUDIO DELIGHTS

BY THE OLD EVERYDAY



If one looks back to last year at this time and can remember the local bands that were playing at the various clubs, memories may recall nights at the now defunct Bricksellar listening to Otter Cove bump and grind, or the golden oldies of Park Hotel at Aethylreds. There was also a club out in Morro Bay which catered to the beach folk. The only one of these clubs still remaining is Aethylreds.

Along with the closing of these two bars came the end of most of last year's new local groups.

Stinky Felix, who originally played in and around the L.A. area, had come to San Luis Obispo for a number of reasons. They were into the laid-back atmosphere as well as the good amount of gigs available. The group was well known after playing at most of the fraternity parties and later on in the bars. Individual members eventually began to depart as work became harder to find. Stinky Felix ended up playing to the older, more sophisticated crowds at the bowling alley. When they finally called it quits recently, there were no original members in the band.

Otter Cove, after auditioning seven singers, finally found one that fit, and eventually became a regular band at the Bricksellar. The band went on the road early last summer auditioning in clubs such as the Chateau Liberte' in the Santa Cruz mountains, the Lion's Share in San Anselmo and the Guilded Cage in Sacramento. Half the band eventually went broke and the auditions never paid off.

They returned to San Luis, but after a few gigs, the lead singer packed his bags (it seems the blond haired kid from San Deigo didn't care to be that funky.)

The Cove replaced their singer and went on to be one of the finest bands in the town until personal conflicts and lack of work caused their final break-up.

It seems that the only time you can see the Geeks these days is at the Pacific Street party held every Poly Royal Sunday. When I first came to San Luis Obispo you couldn't go a week without seeing the Geeks.

Park Hotel, as everyone knows, is an institution in this town. They've been playing here as long as anyone can remember and will probably continue to do so way past the time I leave here. If one looks at the number of times they've played at Aethylreds, you could be safe in saying they are the house band.

Park Hotel knows their music and they know what the people like, and because of that they have drawn good crowds over the years. A key factor in pleasing the management is by selling lots of beer. (This is easy when you've got a 15' by 40' bar packed with dancing people. The longer they dance, the hotter it gets and the more beer they sell. You really think that modern technology can't keep a bar comfortable? Don't let them fool you.)

With two of the three local live music dance bars closed and the third offering groups slightly above the quality of your everyday local group, that leaves only the fraternity houses as the main source of work for these groups, and how many T.G.'s did you go to this year?

So the economy has caught another section of enterprising young America and tumbled them into the canyons of creative poverty. A job that once paid fifty to one-hundred dollars a week barely pays at all these days (that's if one can call playing rock and roll music all night long, drinking free beer to your heart's delight and meeting every sleazy tomato from here to Santa Maria, a job.)

Today's local bands have turned into groups of friends getting together with a fifth of Jack Daniels in someone's garage, playing the blues in G. and finally....THE BO-JIVE

Dave Stone, former horn player extraordinaire for Otter Cove has started a new group known as "The Manual Hand Band". The group's instrumentation is strictly natural hands and the sounds vary from flute-like whistling to some of the raunchiest sounding percussion this side of Tierra Del Fuego. The group is currently attempting to land a debut on the talent portion of the Johnny Carson show.



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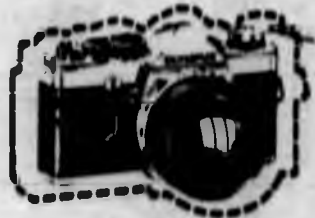
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