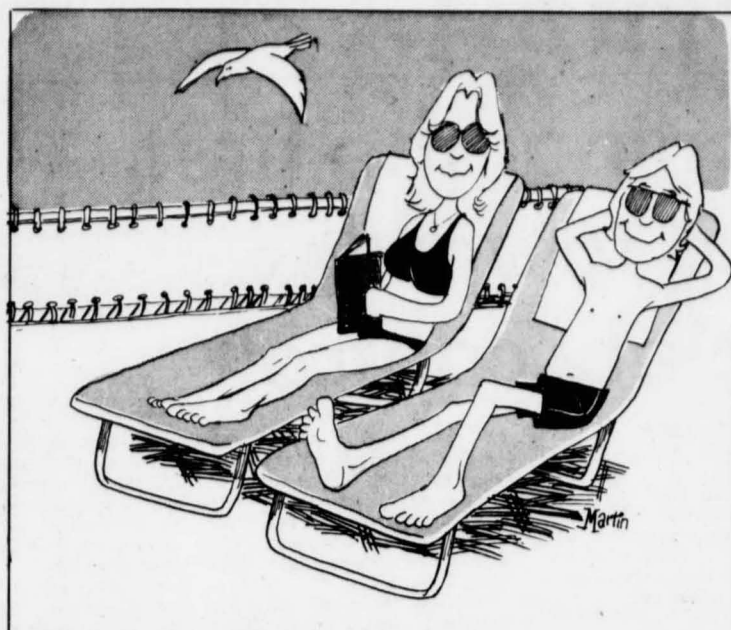




Balance: a gymnast's skill

photo by Kim Komenich

--See Page 4



Daily tells you where to go

--See tabloid insert

# Spartan Daily

Volume 70, Number 31

Serving the San Jose State Community Since 1934

Thursday, March 16, 1978

## Bunzel reveals parking garage plans

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### Bunzel found his first years trying

John Bunzel said his most trying times at SJSU since his hiring as university president in 1970 were during his first years when the School of Social Work had to be "turned around" and the disfranchisement of the Economics Department in 1974.

Bunzel cited a letter he received from a community member as articulating his most satisfying feelings. The letter complimented him for helping SJSU during a period of transition that saw a change from "an ordinary college to a self-respecting university."

"The length and shadow of an institution far surpasses that of any individual," Bunzel said.

He is confident the university will function smoothly after he leaves Aug. 31 to become a senior research fellow at Hoover Institution at Stanford.

He had "no comment of any kind" about speculations concerning the next president of SJSU. He did, however, talk about Gail Fullerton, SJSU executive vice president.

### A.S. Treasurer seeks presidency

By Gary Barger

A.S. Treasurer Maryanne Ryan said Tuesday she will seek the A.S. presidency in this year's election.

Ryan is the first candidate to announce intentions to run for A.S. office.

She will run as the candidate of the Students Independent Party. Running with her on the SIP slate are Councilman Joe Trippi for vice president and Executive Assistant Nancy McFadden for treasurer.

Trippi said they are "forming a council slate and an Academic Senate slate, and looking at possibilities for Attorney General, though we're not certain."

Ryan, a political science senior, has served as A.S. Treasurer the last two years.

She has also served two years on the S.U. Board of Governors and as chairwoman of the Special Allocations Committee for two years.

"I feel I've had a lot of experience in student government here," she said. "I've watched three different A.S. administrations and how they operated and worked really closely with two A.S. presidents."

endorse anyone," Bunzel said, "but I think Gail Fullerton is a very qualified and remarkable administrator and would make a good president anywhere in this system."

Bunzel described the Jarvis-Gann property tax initiative as "the wrong way to go about trying to vent a great many frustrations that many Californians feel about the expansion of government."

He did not think there was enough time to debate the initiative effectively by June.

"It is a tax trap," Bunzel said. "It will compound the problem and place unfair burdens on the people who are already overburdened."

At Stanford, Bunzel plans to think and write a lot.

"I am interested in some of the particular problems that higher education will deal with in the decade of the 1980s," he said.

Bunzel plans to examine the institutional currents and pressures to which a university such as SJSU is exposed.

"I hope these findings will be published," he said.

Trippi, an aeronautics junior, is vice chair of the A.S. Council and vice president of the Spartan Shops Board of Directors.

He was co-author of the resolution, passed unanimously by the A.S. Council in October, calling for SJSU President John Bunzel's resignation.

Trippi said his role as council vice chair will "give me ample opportunity to chair meetings and get experience doing that."

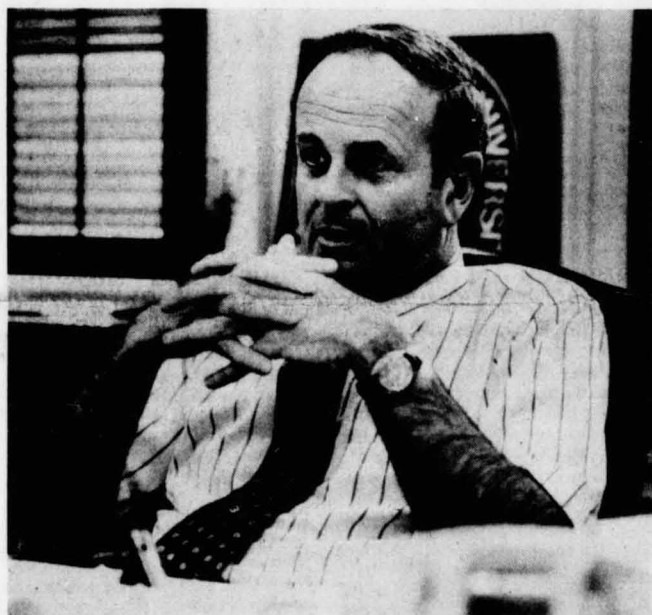
McFadden, a political science sophomore, served as Personnel Officer before being appointed Executive Assistant to A.S. President Steve Wright last month.

Ryan said she sees campus security, student housing, the new general education proposal, parking and the university zone proposal as the major issues in this year's election.

She said she intends to "keep working to get the state legislature to increase levels of security on campuses."

On the issue of student housing, Ryan said, "Some kind of alternative living situation should be offered on this campus."

(Continued on back page)



SJSU President John Bunzel in his office during Tuesday's news conference.

photo by Joyce Shotwell

### Protestors blast city decision on Gay Human Rights Week

By Corinne Asturias

The San Jose City Council dismayed and infuriated a crowd of 800 protesters Tuesday night by voting to establish June 18 to 24 as Gay Human Rights Week.

The 4-3 vote followed a surprise motion by Councilman Al Garza to change previously approved Gay Pride Week to Gay Human Rights Week.

A 90-minute discussion by supporters and opponents of gay proclamations, including church leaders from both sides, followed a motion by Councilman David Runyon that the council rescind its Feb. 21 decision recognizing Gay Pride Week.

Three weeks ago, Gay Pride Week was routinely approved by council members Susanne Wilson, Jim Self, Al Garza and Mayor Janet Gray Hayes without discussion.

Dissenters Joe Colla and Larry Pegram said at that time that city government should neither condemn nor condone homosexuality.

Runyon was on trial on misdemeanor charges and not present to vote.

But Tuesday night, Garza reversed his original stand on Gay Pride Week and joined Runyon, Colla and Pegram in favor of rescinding council support of the proclamation.

Amid loud cheers and a standing ovation from Gay Pride opponents, disheartened gay supporters immediately filed out of the chambers in angry protest of the new decision.

Moments later, Garza surprised both parties with a motion to substitute Gay Pride with Gay Human Rights Week.

General confusion prevailed as gays hastily re-entered the chambers and angry church groups

hooted in disapproval.

Garza's motion for Gay Human Rights week was supported by Hayes, Wilson and Self.

Garza later explained the Gay Human Rights proclamation "gives a homosexual human rights" but does not reflect "pride or shame in homosexuality."

Gay Pride opponents who lined the chamber walls and overflowed into the city hall cafeteria were not pacified by the change in wording.

Runyon, who dissented with

### Earliest completion speculated as 1979

By Scott Knies

SJSU President John Bunzel disclosed plans for a new parking garage to be constructed across Fourth Street from SJSU.

Bunzel said in a press conference Tuesday that he had a "very productive meeting" last week to discuss plans for a new parking garage on the Third and Fourth street block between San Carlos and San Fernando streets.

Bunzel met with San Jose City Manager Ted Tedesco, city and university officials and representatives from the California State University and Colleges Chancellor's office.

"Everybody wants the parking garage," Bunzel said.

He described the parking garage as a multi-storied structure that would stand beside high-rise condominiums and apartments.

"The structure will have environmental and esthetical values,"

he said.

The parking garage would be financed from SJSU's parking fund and is planned to provide 1,000 spaces for faculty, staff and students.

Bunzel said 1979 was the earliest the garage could be completed.

He said opening up Seventh and Ninth streets for interior campus parking was an esthetic compromise, but said he had no real choice in the matter.

"Any other alternative would be worse," he said.

The preferential parking ordinance imposed by the city of San Jose in the residential area east of campus forced Bunzel to absorb the reduced parking with valuable campus space, he said.

"The ordinance was saying, 'Now you (the university) have a parking problem and what are you going to do about your problem?'" Bunzel said.

Parking on Seventh and Ninth streets is temporary and the new parking garage is supposed to "take the cars off the streets," he said.

"The open spaces we need but do not have would be available to us again," Bunzel said.

He said that the relationship between the university and city was an important one, especially with the downtown redevelopment plans "right around the corner from us."

"We need attention," Bunzel said. "The university should not be left out of these (city) plans."

"It is time for a university zone," he said. "There is a lot of pollution and environmental unhappiness that a university zone might be able to rectify."

Bunzel also said the university zone concept would take a long time to develop.

Bunzel discussed the progress of the new library and corporation yard.

The existing Buildings and Grounds structure and corporation yard have to be demolished to make room for the new library, he said.

The new corporation yard will be relocated at the corner of Ninth and San Fernando streets.

"You are going to find us with a fair amount of construction and excavation noise in the next few years," Bunzel said.

"We are orchestrating this as best we can," he said, "but there is going to be a period of inconvenience."

Bunzel expects the new library to be open in the "early 1980s" and expressed gratitude toward the many people who worked on the project.

Regarding the renovation of Morris Dailey Auditorium, Bunzel said the cost and priority factors must be considered.

He put a high priority on improving the stage and obtaining 100 seats for the 57-year-old auditorium because guests from the community often use the facility.

"It is a disaster area - it ought not be allowed to continue."

### Bunzel to soon release affirmative action report

SJSU President John Bunzel said he will release the university's annual affirmative action report "after spring recess."

During a press conference Tuesday, Bunzel said he was in the process of drafting a cover letter for the report reviewing SJSU's affirmative action efforts.

In the letter, Bunzel said he will "readdress" himself to the definition of affirmative action.

Affirmative action requires non-discrimination in hiring practices and active recruitment of minorities and women in staff and faculty positions where they are underrepresented, according to Department of Health, Education and Welfare guidelines.

Bunzel refused to comment further on the content of the cover letter or the report.

"There is no evidence that we (SJSU administrators) have engaged in discriminatory practices

in the hiring and promoting of faculty and staff," Bunzel said.

Affirmative Action Officer Steve Faustina submitted the report to Bunzel last December and recently clashed with the president on its finality and accuracy.

Bunzel had said the report was "incomplete" and did not present a "fair picture" of SJSU's progress in affirmative action.

He asked Faustina to meet with a representative of SJSU's Office of Academic Planning, who is familiar with statistical data.

"I told him (Faustina) that he might want to look at additional figures that might be helpful," Bunzel said at the press conference.

"I don't believe he has incorporated these into the report," he said.

Upon its release, the report will be submitted to the Academic Senate for review and recommendations on policy changes or procedures.

# forum

## Cloning: the first step towards society control

By Bill Smith

...moon base charlie calling orbiter station...  
I got visions of old "B" grade science fiction movies when I read about the alleged cloning of a child whose "creation" was paid for by a millionaire in his 60s who wanted an exact duplicate of himself.

Bill Smith is a Spartan Daily reporter.

The story is worthy of the best works of Asimov, Heinlein or Bradbury, but not worthy of 37 column inches in the San Francisco Chronicle.

The cause of the uproar in the American scientific community is an as-yet unpublished book by science writer David Rorvik called "In His Image: The Cloning of a Man."

According to the Chronicle, respected scientists said the claim was either a hoax or the successful completion of the most dangerous medical experiment in history.

I personally feel it is all a publicity stunt designed to make the author and the publishing company some money.

Most of the scientists interviewed for the story also said it was probably a hoax. One scientist said it is just not possible to clone a mammal.

But if the story turned out to be true, cloning should be stopped immediately, violently if necessary.

With the invention of the cloning process, a Pandora's box would open

up. People could be bred for passive jobs like assembly line work, or street sweeping; the military could breed an entire army of vicious killers; and important people could have exact duplicates of themselves made.

Imagine the world with more than one Idi Amin, or imagine World War II with more than one Hitler, or, heaven forbid, a young Richard Nixon.

Of course, to some people cloning could have a positive side. The parents who want a child would know exactly what they are getting and wouldn't have to worry about being saddled with an emotionally disturbed child, or one with any other birth defect.

But even that might not hold true. In a follow-up article in the Chronicle, one basic procedure to create a clone was outlined with the following steps:

- Isolation of the chromosomes, or genetic material, from the animal to be duplicated.
- Isolation of an egg cell.
- Removal of the genetic material from the egg's nucleus replacing it with the chromosome from the animal to be cloned.
- Biochemical trickery to convince the egg cell it has been fertilized, so the new chromosomes are treated exactly as though they were contributed in equal parts by a father and mother during normal sexual reproduction.
- Implementation of the egg into a woman's uterus, to develop into a baby in the same fashion as

every other baby born. Many of the individual techniques to achieve parts of such a scheme have been developed. But so far as is known, only carrots, sea urchins and frogs have been successfully cloned.

If the story is true, the boy should develop into an exact duplicate of his single parent - even to the point of having the same fingerprints.

But with all the tricky steps necessary to create a clone, what happens when something goes wrong? Suppose you have a grant from the government authorizing you to create a clone.

You go through the steps, and in the learning process you make a mistake and create a mutant. Suppose this mutant has hands growing out of its nose, and eyes in its stomach.

What are you going to do? You live in a supposedly non-violent world and killing is frowned upon. But if you don't kill him you can always give him to the circus.

Any attempt at cloning should be immediately stopped. Besides the dangers involved, it is a step toward 1984 and a regulated society where you are bred for a certain task, to look a certain way and think the same as everybody else. Any troublemakers are just not allowed to reproduce.

Sounds like science fiction doesn't it? And until it is proven scientists will go with the assumption that it is all a hoax, and probably just another rip-off from "Star Wars."



## letters

### Writer 'narrow'

Editor:  
Obviously the opinion column written by Norman Gotwetter mirrored the narrow and prejudiced view that still shackles women.

I find it hard to believe that a person with enough talent to write for the Spartan Daily could express such an uninformed view.

Dear Norman, of course you can't understand. You aren't the oppressed and you can't see a gain in what women are trying to accomplish.

What it comes down to is, women are demanding the right to be people.

If that freedom involves paying for dinner, fighting for our country, demanding equal health care, becoming politicians or raising our children, then we'll do it!

Come on Norman, have you ever worn high heels? Maybe you need to be exposed to a real live liberated person who takes care of herself.

Maybe we should meet for lunch to discuss it. Don't fret! My treat!

Lori Volland  
Health Science senior

### Off-base on Nazis

Editor:  
This is in rebuttal to Michael Dutton's letter of March 13 regarding his off-base comparison of Nazis to American liberals. He is taking the standard Nazi approach which upholds such phrases from the post World War II era as "Auschwitz Never Happened" and "The Big Lie." Many of the examples he cites are false and the rest, irrelevant.

There is no evading the fact that the American Nazi Party is espousing White supremacy: the power that eliminates the rights of Blacks, Jews or any other group that disagrees with the Nazi Party. This view is directly contrary to the Declaration and the Constitution which guarantees equal rights to everyone.

By the position he takes, Mr. Dutton is in the company of the various despots who have populated the earth from time to time.

Devora Fishman  
Graphic Design sophomore

### Flowers gone?

Editor:  
Where have all the flowers gone?

The other day my girlfriend and I decided to take a little drive.

We got in the car, drove up freeway 280 to Palo Alto, came back down freeway 101, jaunted out to the east foothills, and on the final lap of our little journey, stopped at a plant store to see what real plants look like.

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Nice outing, you say? Well, you're the type of person who goes on such outings in order to see who you're trying to get away from in the first place, then the once scenic Santa Clara Valley is your alley.

Having been born and raised in what was once a beautiful agricultural haven, I really miss the look of green. Now, if I want to see real dirt and real plants I have to go to the store.

This concrete orchard being planted really gets me down although it does have one advantage. It saves on water. Oh, when will we ever learn?

Michael Lujan  
English graduate

### Problem drinking

Editor:  
Thanks to staff reporter Cheryl Hahs for having enough courage to publicly address her opinion on alcohol consumption.

Although personally I think there is a time and place for alcohol, I believe Cheryl had brought up an so-often neglected issue: our consumption of alcohol and social drinking. If you need a drink to be social, let's face it, you do have a problem. An alcoholism problem.

According to county records, some 78,000 people, age 20 and over in Santa Clara County, have alcohol related problems.

Nationwide we have 95 million drinkers and 9 million abusers! And 95 percent of all alcoholics are educated, responsible citizens, half of which are employed fulltime.

It seems to me that we don't spend enough time in the Spartan Daily creating awareness on alcohol abuse.

Maybe we should create our own awareness. The National Council on Alcoholism of Santa Clara County has information for everyone concerned in one way or another with the disease of alcoholism. If you need help call 241-1771, or if you can help others call 241-6903. Thanks again, Cheryl.

Sharon Anne Riddle  
Public Health graduate

### Letter policy

The Spartan Daily welcomes letters from readers expressing individual viewpoints.

Letters should be typed, triple-spaced and must include the writer's major, class standing, address, telephone number and signature.

Only the name, major and class standing will be printed.

The Spartan Daily reserves the right to edit for length, style or libel.

Letters should be submitted at The Daily office (JC 208) between 9 a.m. and 5 p.m. weekdays, or by mail to the Forum Page, c/o the Spartan Daily, San Jose State University, 125 S. Seventh St., San Jose, CA 95112.

### Miners, public both victims

## Coal strike 'no-win' situation

By Jerome Colwell

The latest word on the record 100-day coal miner's strike is that negotiators for both sides - the United Mine Workers representing the 160,000 striking miners, and their employers, the Bituminous Coal Miners Association, who own the mines - may at last be near to reaching an agreement which would motivate the miners to go back to their jobs.

Jerome Colwell is a Spartan Daily reporter.

Finally!

But even if this does happen, the strike seems to have been a no-win situation for everybody concerned, and especially for the administration of Jimmy Carter.

The miners themselves are out over three months wages, a predicament which has forced many families very near the brink of having their savings, home and possessions completely wiped out merely in order to survive.

Even under the terms of the proposed new contract, the miners are going to have to sacrifice some of the benefits they have been demanding in order to realize any substantial gains in the wages they currently receive.

Against the urgings of some of their leaders and fellow workers, many of the miners have indicated that they are willing to accept the new proposal, as inadequate as it may be, because they realize that they do not stand to gain anything more by continuing the strike at this time.

The united front that existed among UMW President Arnold Miller and the thousands of striking miners he represents seems to have been breached somewhat these last few weeks by his inability to negotiate terms that would be more beneficial to the miners.

The BCMA is out three months of production and profits, and is still saddled with employees who, because of poor wages and insufficient benefits, are understandably very unhappy, and often view themselves as little more than "slave labor."

The prolonged strike has forced the closing of many businesses in the East and Midwest, resulting in massive layoffs, and so has aggravated the problems of widespread unemployment and rampant inflation that the U.S. has been struggling with for so long.

President Carter, forced to play his hand by invoking the Taft-Hartly Act in a situation he preferred his administration to remain as uninvolved in as possible, has further

weakened his credibility and the public's confidence in him by his failure to follow through with strong-arm tactics to bring a swift and decisive end to the strike.

In all fairness to Carter, who balked at the idea of the government seizing the mines - and rightly so, I think - his only feasible recourse in dealing with the situation was to do just exactly what he did, invoke the Taft-Hartly Act.

And it is even possible that this has done some good after all in bringing the strike to an end, although it is doubtful that Carter will get the credit for it.

Taft-Hartly has forced both sides involved in the dispute to seek a solution to their problems as quickly and as fairly as possible.

Although it seems to have been essentially a "bluff" tactic, the fact that the president even had to step in at all seems to have made everyone aware of the gravity and significance of the dispute, and accordingly, we are now closer to a settlement than we have been at any time during the past three months.

But it can only be a temporary settlement at best. None of the real issues has been solved. They have only been covered up once again for a while.

Until such a time as the coal miners are treated fairly and equitably and are awarded all of the benefits that they deserve for the vital work that they do, I predict more and more strikes will continue to occur.



# feature

## Eat! Eat!

By Julie DiBene

While frozen yogurt melts in popularity and the jogging craze diminishes, health foods stand out as a fad that has outlasted them all.

Although there are fads within the health food cults that come and go (pre-digested protein and bee pollen, for example), health foods remain a steady, if not increasingly popular consumer product.

Part of this success, according to Henry Kreig, owner of Sun 'n Soil Natural Food Store and Restaurant is education of the public through medical research about the benefits of eating health foods.

Sun 'n Soil, 245 E. Santa Clara St., publishes a newsletter every other month to inform customers of recent discoveries involving health foods.

The most recent edition included articles on nutritional treatment for depression through vitamin B supplements and prevention and treatment of breast cancer through changes in diet.

The addition of restaurants in some health foods stores is used as an "introduction to natural foods," and a "sampling device," Kreig said.

People often have a distorted image of health foods,

## The way to a man's health is through his stomach

Kreig said, but once they taste them, they change their minds.

Spirious Photios, manager of Peacock Natural Foods and Restaurant, 50 S. Fourth St., said the restaurant in his store was only recently added and is still building up a regular clientele.

He added that despite the store's proximity to campus, less than 20 percent of its business comes from SJSU students.

"We did a survey and we find that 33 percent of our customers are 25 and under," Kreig said, adding that Sun 'n Soil also draws customers from as far away as the Almaden Valley area of San Jose.

Peacock is owned by Sri Yogiraj Evangelos Alexandrou, yoga teacher and philosopher and therefore not in commercial competition with other health food stores, according to manager Photios.

He said the store's function is to provide jobs and income for the commune and students of the Yogi. All proceeds go back into the store.

"I think the health food industry itself is valid," Photios said, but claimed it is "probably the most threatened in the United States."

He said the industry is "threatened" by pressures he believes the additive and drug industries are exerting because of the increase in health food profits, thereby creating a threat to the multi-billion dollar "junk food" industries.



Photios believes people who are attracted to health foods are usually seriously physically ill and have tried all other forms of "cures."

Unlike Kreig, who said he believes the news media have educated the public about health foods, Photios said

he believes major discoveries of how detrimental junk foods are for people are what have made health foods popular.

He cited Congressional findings of several years ago that showed some breakfast cereals had less nutritional value than the box in which they were packaged.

Health food seems to be holding its own in the marketplace.

"Business is good," Kreig said, adding that Sun 'n Soil will be opening a new store in Los Gatos this summer because of demand in the area.

Both Kreig and Photios said current trends in the health food business include the rising popularity of bee pollen, resulting from recent findings in Russia that link an improvement of stamina and endurance with athletes' ingestion of the substance.

Other popular health-related products included bran, vitamins B-complex, C and much-publicized vitamin E. Kreig and Photios said bulk goods sell well because of their obvious economic value.

So while there is evidence that health foods are not enjoying the frantic growth and economic success that they first did, the success of health food stores near SJSU points to a plateau the trend may have reached in selling to a public that is probably more fad-oriented than health-oriented.



By Carol Sarasohn

"The time has come," the walrus said, "to speak of many things."

"Of why the profs are frazzled and the students ding-a-lings."

"Because, you see," the walrus said, "vacation time draws near."

"And while everyone ponders escapist plans, school is never held less dear."

"So, take your vacation, compose yourselves and have a drink on me."

"It won't be long," the walrus said, "fore you'll again face school ennui."

"Sagacious profs will tell you that the sea is boiling hot."

"(The sea has colled, third-century profs, but students' collars most certainly have not)."

"Oh vanity, what foolishness, debating whether pigs have wings."

"Tho' in two more months, my graduate buddies, you'll earn your college rings."

"Then oh! cruel world," the walrus said, wrinkling his tusky face -

"You'll join the line of unemployables."

"Surprise! The last four years have been a waste."

While you're on vacation (dear readers) the old walrus pleads:

Jot down your ideas, a hodge-podge, a slew or a bundle.

Trot your letters to the information booth and deposit them in a bundle.

The old walrus craves ideas - she grows weary of late.

By the way, do you know any professors you hate?

What about: the drunks, the pawns, the bores who raise

sores on the ears and the brain -

Complaints I have heard of late

Regarding our erudite professors we hate.

Bring it all, my mad hatters, my dormice, my queen.

Talk to me. Phone to me. Give vent to your spleen.

I dislike threats (as the queen once said)

but deny me this wish and you will be led -

Straight to the chopping block.

And it will be off with your head.

Non-Walrus Thought For The Day: Even if you make out a

comprehensive grocery list before going to the store every

week, you will never remember to put shoelaces on the list

even though your whole family is using drapery cord to

keep their shoes together.



SJSU music major John Orzel measures a product sold in bulk at Peacock Natural Foods and Restaurant, one of the local health food stores.

### Variety for consumers

## 'Health' stores compared

The extended popularity of health foods with college students may have something to do with the availability of such products to campus clientele.

A survey of three health food stores accessible to the SJSU campus showed that each offers a variety of products, services and functions to the public.

Spartan Bookstore offers a number of health food products.

One advantage of the bookstore is that the college consumer need not venture off campus to purchase vitamins and minerals, a variety of packaged dried fruits (including pineapple, apple and banana), nuts and seeds (including peanuts, wheat nuts, sunflower seeds and alfalfa seeds), snacks and teas, or bran flakes, powdered protein and ginseng.

The bookstore, however, offers health food products in a limited number of brands.

Sun 'n Soil Natural Food Store and Restaurant, 245 E. Santa Clara St., offers a wide range of products as well

as several functions for students.

Sun 'n Soil stocks hardback and paperback books on health-related subjects, has a restaurant, publishes a newsletter, and sells health food products.

The restaurant is bright and clean with counter and table service.

In addition to an extensive selection of vitamins, minerals, cereal mixes, teas, powdered protein and oils, the store offers bulk prices on lentils, wheatberries, almonds, brown rice, bran, soy beans, cashews, granola and other grains.

Sun 'n Soil's restaurant, offers organic burgers, plate specials, soups, sandwiches, salads, frozen yogurt, juices, tea,

ice cream and a number of blended drinks and shakes, all made with natural and organic products.

(Continued on page 7)

### SALESMEN of St. John Bosco



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### flashback

**On this date in:**  
1970: The Daily reported the California State University and Colleges Board of Trustees and the state legislature were expected to pass a tuition hike for all CSUC campuses.

Under the existing law, tuition could not exceed \$25 per year, with the balance of payments referred to as fees, which had an unlimited ceiling. The new figure would have been about \$100 per semester for un-

dergraduates and \$150 per semester for graduates. Students at that time were paying \$74 per semester.

1971: The recall election of A.S. President Bill Langan began. The principal charge against Langan was that he was ignoring the needs of the

students and the campus community.

1974: Calling the fad "as much of a put-on as it is a take-off," SJSU President John Bunzel said students were streaking out of pure boredom. Two weeks earlier, 40 students from West Hall made the first streaking of SJSU.

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# A question of grace under stress

Success in gymnastics requires a large degree of strength and poise coupled with polished and practiced skills.

Kris Klepfer, a 19-year-old transfer from San Jose City College, blended these skills with the grace of a dancer to be first in scoring on the SJSU women's gymnastics team this season.

She also managed to secure an almost certain berth at the Association of Intercollegiate Athletics for Women national championships April 1 in Seattle.

"Unofficially, she's been invited," Coach Lyn Cross said, adding that the official invitation procedure is being conducted today.

The undeclared sophomore transferred from SJCC because of the gymnastics program offered here.

Klepfer, a native of San Jose, said she used to compete for the Almaden Valley Gymnastics Club and that most of the girls from the club came to SJSU.

A veteran of seven years' gymnastic competition, Klepfer referred to the situation at SJSU as "a lot more relaxed" than her previous experience with gymnastic meets.

Klepfer said her favorite event was the floor exercise, in which she has a season best of 9.2 points.

"I really didn't feel like it was my best routine," she said, "but it was my highest score."

With an all-around average of approximately 8.5 in vaulting, Klepfer believes her vaulting this season has been pretty consistent.

"I hope I get to the nationals doing the same thing," she said of her present scoring.

Klepfer has traveled all over the West Coast for gymnastics competitions, including trips to Arizona, Oregon, Utah and Hawaii.

Besides competing in all the meets scheduled for SJSU, Klepfer works out with the team and Coach Lyn Cross approximately 15 hours a week.

Although she said she came to SJSU with most of the skills currently used in her routines, Klepfer thinks Cross is an excellent coach.

"She keeps us going," Klepfer said.

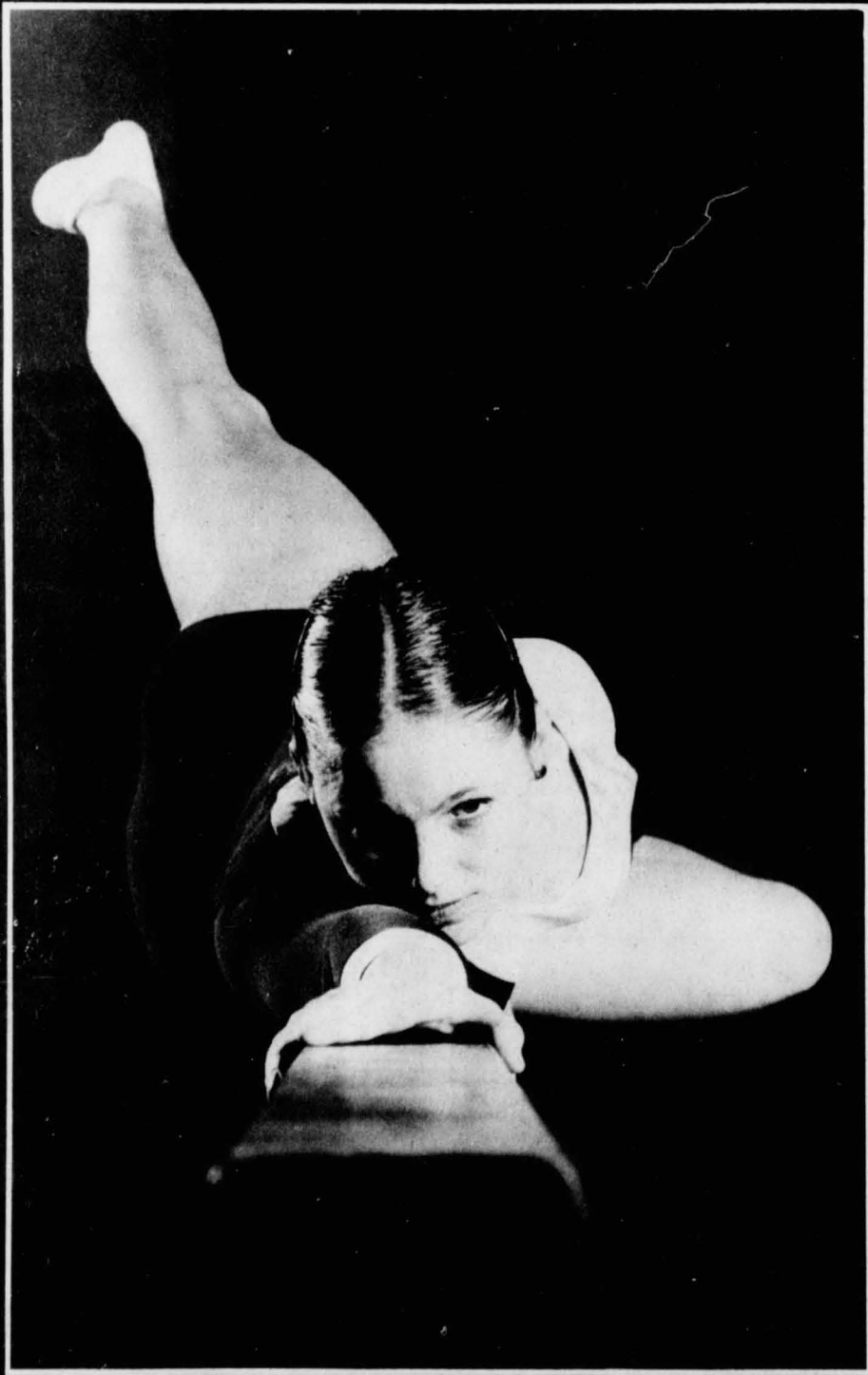
"She's in a hard position without a male spotter," she added.

Although vaulting used to be her best event, Klepfer believes with her recently acquired ability to complete a full twisting back flip in competition, she has received better marks in floor exercise.

When asked about gymnasts she admired, Klepfer said, "I didn't like Olga Korbut; she was too much of an actress."

Klepfer talked of her future in gymnastics by explaining that, "I'm getting married in June," but added that "I'd like to compete another year."

Photos by  
Kim Komenich



# Lowe reflects on 'worst' season

By Anne Brennan  
 "This has been a weird season," Ron Lowe, guard for the SJSU basketball team said, summing up what he feels has been his worst year of basketball. Lowe, a transfer from San Jose City College, began the season as a starting guard and was averaging 10 points per game when the team played UCLA in Pauley Pavilion on Dec. 22. The UCLA game changed Lowe's life, when he hit Bruin guard Raymond Townsend twice, breaking his jaw. The action resulted in a four-week suspension for Lowe. SJSU coach Ivan Guevara originally

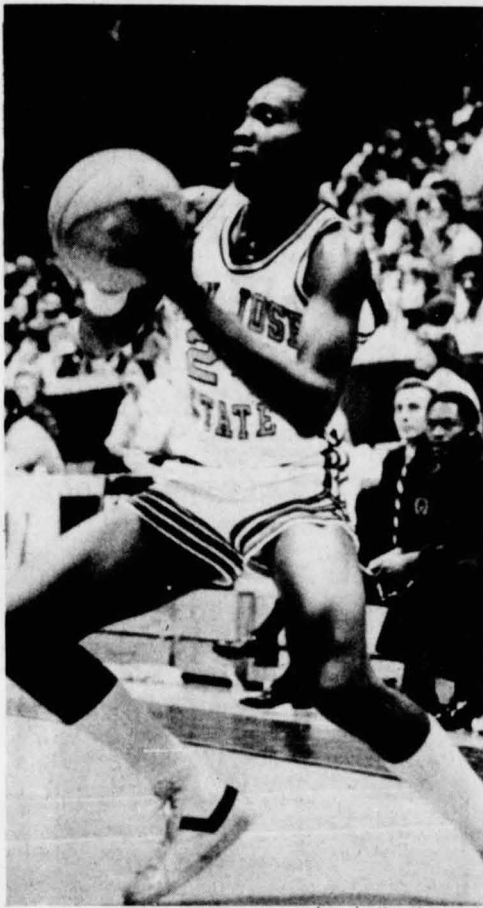
suspended Lowe for two weeks but then Bob Murphy, SJSU athletic director, added two more weeks on to the suspension. "One reason I got the month suspension was because it happened a couple of weeks after the Kermit Washington-Rudy Tomjanovich thing had just gone down, then Benson (Kareem Abdul-Jabbar hit Kent Benson), all the three fights happened in L.A.," Lowe said. "I guess that had something to do with it." Guevara also feels that all the publicity about violence in sports was part of the reason Lowe was tagged with the extra two weeks suspension.

"There was no reason he (Lowe) should have been made the scapegoat," Guevara said. "I don't think double indemnity was the way to go." According to Guevara, Lowe was not the same player when he came back from suspension. "He (Lowe) started out pretty well, he really came on," Guevara said. "By the time he hit the Cable Car Classic he was our best guard. Then we have a situation where he misses four weeks, that is a long time to be out in the middle of the season." "I was really down after I heard about the (additional) two week suspension," Lowe said. "I

was already to get back into the game." Lowe said he got so depressed he considered quitting basketball all together.

asked the coach to take me out of the game." Lowe said the situation taught him how to deal with his emotions better and more importantly never to

Lowe had a spectacular game, coming off the bench against UC-Santa Barbara a week before at Independence Park Fieldhouse. He got control of a loose ball and made the game-tying basket from 25 feet, with no time left on the clock, forcing the contest into overtime. The Spartans went on to win, 68-66. The junior, majoring in business administration is from Little Rock, Ark. He came out to visit his older brother two and one-half years ago and was playing basketball at SJCC gym when Coach Percy Carr saw him and talked him into playing for the Jaguars. Lowe had always played the forward but Carr felt he would make a better guard. "Ron is an excellent outside shooter," said Carr. "I like to work the players so they can go into a four-year program." All of Lowe's six brothers have played basketball. His father and even his mother played basketball, although his four sisters have not. "My brother Larry taught me how to play," Lowe said. "We used to go to the sports club and practice. He was older and he always won." Lowe said he would like to be a coach at the high school level but his father wants him to work in the family business. "In the South the parents have the roots set for their kids," Lowe said. Before going into business or coaching, Lowe said he would like to play pro ball, either in the National Basketball Association or in a European league.



Ron Lowe photo by Kim Komenich

# Baggers edge Cal on Biondi's homer

BERKELEY--Good fortune continued for the SJS baseball team, as it beat a tough UC-Berkeley squad for its second straight victory 2-1 on Tony Biondi's sixth inning homer on the Bears' turf. Biondi, the team's leading hitter with a .386 average before yesterday's game, knocked home Chris Pedretti on the blast that was still rising as it cleared the Edward's Field wall in Right. For the first five innings it appeared as though the Bears would need only one run off Spartan pitcher Bob Stevens, as the Bears' starting hurler, Dave Johnson was breezing along. Stevens was taken out of the game after getting

into trouble with two walks in the fifth inning. Steve Berglund went the rest of the way, tossing what he said was his best stuff of the year. The hard thrower said it felt great to have such a good game, "especially against a team like this." The win against the 15-5 Bears was pivotal, as it gives the Spartans needed confidence in their upcoming three game series with the University of Nevada-Reno. "And, we'll be ready for the Classic," he added, meaning the Spartan Baseball Classic to be held at Municipal Stadium next week. The Spartan's record now stands at 14-12 overall, and 8-7 in Northern California Baseball Assn. play, good for fourth place.

San Jose 000 002 000-27 4  
 Berkeley 000 100 000-15 0  
 Stevens, Berglund (5) and Lane; Johnson, Bailey (7), Land (8) and Colburn. W-Berglund, L-P-Johnson.

# Fencers go east

When the NCAA National Fencing Championships open today at University of Wisconsin in Kenosha, it will mark the first time the Spartans have sent a full men's fencing team to compete. The Spartans have qualified one fencer per event with Peter Shifrin in epee, Bobby Thompson in foil and Marc Detert in sabre. Coach Michael D'Asaro said SJSU will be in competition with schools from the East and Midwest who "have strong fencing program." "We'll give them a run for their money," D'asaro said. "We are looking for the top six. We'll be happy for that. It is hard to predict." "Detert should do well," he said. "Thompson surprised me in the Westerns taking second but he can do well. Peter is consistent."

"I had no intention of hitting him," Lowe said. "Right before I hit him, Townsend had just thrown another elbow into my ribs. It was all during the flow of the game and he had been doing it for so long, and the referees (Bob Garibaldi and Richard Ballesteros) had seen it. I guess they just ignored it." "At first my reaction was to push him but then somehow my fists balled up and next thing I knew I hit him with a left and then with a right." "I jumped back and saw him on the floor and blood was coming out of his mouth. I couldn't believe I hit him. That's when it started. After I hit him, I couldn't play right and I

hit anyone. When Lowe walked on the court against San Diego State University cagers, Feb. 23, it marked his first start since the UCLA game.

# Spartan Classic held over break

The second annual Spartan Baseball Classic gets rolling Monday, with seven teams grappling for a spot in the final March 25. Besides host SJSU, the round robin tournament features Brigham Young University, University of Oregon, University of Portland, University of San Francisco, University of Washington, and Cornell University, currently on a West Coast tour away from the eastern snowstorms. Jack Mogg, ticket sales director and co-chairman of the classic along with associate athletic director Jon Crosby, said Brigham Young "appears to be the favorite, along with Washington and San Jose State." Defending champion Stanford University will not be back this year, but expressed interest in participating next in 1979. According to Mogg, four games will be played daily, starting at 11 a.m., the two teams with the best records meeting for the championship Saturday night at 7. The third and fourth place teams will meet in a consolation game the same day at 4. In case of a tie, "we go to a points system," Mogg said. Each team receives

five points for a win, three for a tie, and one additional point for every hit and run. Teams are penalized a point for every error. Mogg termed last year's crowd turnout at Municipal Stadium as "fair," citing cold weather as a negative factor. Daily ticket prices for the tournament, Mogg said, are \$2 for adults, \$1 for students, senior citizens, military personnel, and youths 13-18. Children under 13 will be admitted for 75 cents. Tickets can be purchased on game days.

Tournament schedule

Monday	
11- SJS vs. USF	
2- Cornell vs. Washington	
5- SJS vs. Portland	
8- BYU vs. Oregon	
Tuesday	
11- USF vs. Cornell	
2- Washington vs. BYU	
5- Oregon vs. SJS	
8- USF vs. Portland	
Wednesday	
11- BYU vs. Cornell	
2- Oregon vs. USF	
5- Portland vs. BYU	
8- Washington vs. SJS	
Thursday	
11- Portland vs. Washington	
2- Cornell vs. Oregon	
5- Washington vs. USF	
8- BYU vs. SJS	
Friday	
11- Cornell vs. Portland	
2- Oregon vs. Washington	
5- USF vs. BYU	
8- SJS vs. Cornell	
Saturday	
11- Portland vs. Oregon	
4- Consolation game	
7- Championship game	

# Softball rosters

Rosters for intramural slowpitch and fastpitch softball are available in the Student Programs and Services office next to the Spartan Pub. Deadline for completed rosters is Tuesday March 29. There will be a Monday-Wednesday and a Tuesday-Thursday league for men's, women's and coed's slow-pitch, and men's fast-pitch. Rosters will not be accepted without proof of payment of the \$10 forfeit fee payable in the A.S. Business office.

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# Shots from 'The Pistol'... Where's George?

By Pete Cavaghan  
 Sports Editor  
 Last year's drop in attendance at Spartan football games makes me wonder whether the Spartan Stadium improvements are going to fill the improved version. Last year's football team dropped from 7-4 to 4-7, and the crowds got small near the end of the disappointing season. So small, in fact, that in ABC's televised contest between San Diego State University and SJSU Dec. 3 of last year, the gates were left unattended after the first quarter ended to fill up the stands for the benefit of the cameras. Why all the emphasis on the new stadium when the attendance is going in the wrong direction? When the idea got started, the Spartans were filling the stadium regularly - and pleasing the customers by winning. However this year, spirit tailed off considerably. The theory here is that Spartan football and Crazy George are interdependent in Spartan Stadium. And, with the Spartan football team disappointing early and Crazy George absent of late, the attendance took a drastic tailspin. Why George was absent isn't known to me. I think, however, the athletic department ought to make sure he is at the games. In 1976, there was a big push to get George back for a football game from an assignment elsewhere. Where have you gone, Crazy George? Without you the Spartans won't need an expanded stadium. One of the Utah schools - memory fails to recall whether it is Utah State University or University of Utah - has a revolutionary plan for its athletics. A student initiative could give SJSU the same plan, under which a few dollars each semester are required of each student as part of tuition, going to the athletic department. The students receive free admission to all sporting events. For sports enthusiasts, it would be a must. For non-sports buffs, it might come a bit tougher to accept, but it is only a few dollars - the price of one or two tickets. The bigger advantages for the athletic department are assured income - the student government cannot withdraw funding - and large partisan crowds at home games. It would not necessarily raise tuition - only reappropriate it, taking A.S. control away.

The prediction here is the Spartan basketball team will not make the PCAA playoffs next year. The reason for this outrageous prediction is there may not be any playoffs next yer despite record attendance at the PCAA tournament this year. The NCAA playoff committee changed its format for team selection, and instead of the PCAA drawing an automatic exemption for its winner, the PCAA will get an at-large berth, if any. Since this selection is based on record, the PCAA tournament could only knock off the top contenders for playoff recognition in the eyes of the NCAA and would only hurt the conference's chances of landing a representative.

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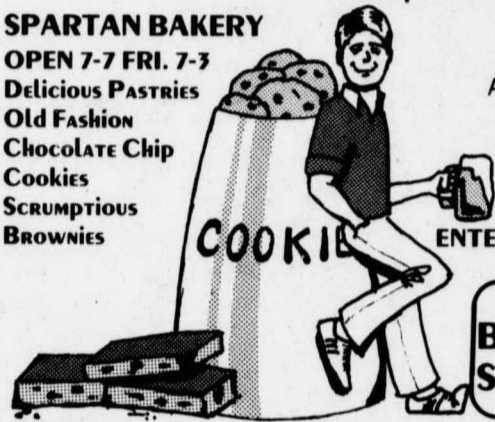
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# Faculty fails to return books

**By Marcene Fehrman**  
Faculty members with long overdue SJSU library books may see their paychecks docked the price of the books if they are not returned soon.

The Academic Senate's Instruction and Research Committee is reviewing a proposal from Academic Vice President Robert Burns on how best to deal with the problem of some faculty members not returning library books for

long periods.

About 85 faculty members have approximately 600 books overdue, some as late as 10 years, according to circulation librarian Jo Whitlatch.

Burns' proposal would provide each dean with a list of faculty members with overdue library books.

Deans would be given one month to notify instructors that the books were late. If the books are

not returned, deans could then authorize paycheck deductions.

"We need a method with teeth," Whitlatch said.

"A big part of the problem is that at \$20 per book, that means the library is out \$12,000," she said. "If the books are lost, we would like to be reimbursed so that we can purchase replacements."

Whitlatch said the 85 faculty members comprised a small percentage of the entire SJSU faculty. She said most instructors try to make the six-week due date.

Faculty members with long overdue books are sent late notices once every spring.

"If notices were sent any more often, the work load would be massive,"

Whitlatch said.

Faculty members are not currently fined for overdue library books, no matter how late they are.

"I don't think it would be productive to place a fine on faculty members," Whitlatch said. "Many times faculty need a longer loan period for research."

"We don't want to inhibit them by threatening fines after a certain time," she said.

Students are fined 15 cents per day (including weekends) for each late book. Student checkout periods are one month long, two weeks shorter than faculty or graduate loan periods.

"Research has proven that the fining system is, unfortunately, the best way when dealing with students," Whitlatch said.

"If students don't return a book, their grades are held. That's pretty powerful."

"In the interest of treating everyone more equally," Whitlatch said, "something must be done to get faculty with overdue books to bring them back and allow others to use them, too."



Nancy McFadden (left) and Maryanne Ryan photo by John Quinn

## \$3 million stadium expansion scheduled for December start

**By Scott Knies**  
The expansion of Spartan Stadium is scheduled to begin in December if everything goes according to the project's newest plans.

The 12-year-old project has never gotten off the ground because of financial hangups, but SJSU administrators believe this may be the year.

SJSU Executive Vice President Gail Fullerton said the expansion is planned to be done in stages so the stadium will be usable while under construction.

Construction will begin after the 1978 football season if all bid documents and schematics are approved on time by the California State University and Colleges Board of Trustees.

The \$3 million price tag for

expanding the stadium from 18,155 to 30,000 seats is being split between the community, city of San Jose and Santa Clara County.

The Spartan Stadium Community Fund Campaign was able to generate "in excess of \$1.5 million" through pledges from private contributors, according to Glen Guttormsen, SJSU director of business affairs.

"Only a portion of the total amount pledged has been paid in," Guttormsen said, "because some sizeable contributions are paid over a series of tax years."

Guttormsen said the tax-deductible donations are normally paid in yearly installments and since the pledges come in at different rates it is difficult to state exact amounts in the Spartan Community Stadium Fund.

"There have been some very generous individuals," he said.

The stadium expansion project is being conducted by the University Foundation. Guttormsen said community donation money is being invested short-term by the foundation.

Most of the money is gaining interest in a savings account and in time deposit certificates. A small part is in a checking account.

Guttormsen said all bills - such as the costs of an environmental impact report and engineering reports - have all been paid for.

The other half of the \$3 million project price is being split by the city and county. Both public entities are expected to contribute \$150,000 a year for five years each.

## Ryan forms fall slate; seeks A.S. top post

(Continued from Page 1)

She said she has "no concrete proposals" in this area, but she is working to divide avenues we can take from those we can't.

Trippi said he plans "to actively seek to get students to move back into the campus area and make this less of a commuter school."

Ryan said general education needs "some kind of revision, but I'm not really in favor of the plan introduced because it creates more of a hardship on some students than others."

The proposed general education revision will raise from 40 to 54 the

required number of general education units.

McFadden said, if elected, she hopes the new administration will "try to get more involved in academic affairs and not just student financial affairs."

According to Trippi, there are no intentions to "ignore the parking issue."

"We've tried everything," he said, "and we'll continue to work on it."

Ryan said though the university zone plan is only in the conceptual stage, "as an abstract idea, I feel it's a really good one."

"As it develops it will have to be further evaluated," she said.

A.S. elections will be held April 25 to 27.

# spartaguide

The SJSU judo team will compete against Japan College of Physical Education at 7 p.m. today in the Men's Gym. Admission is \$2 and \$1 for students.

Career Planning and Placement is offering information on how to find a summer job at 10:30 a.m. today in the S.U. Umunhum Room.

Job searching techniques, job applications, resume writing and job interview techniques will be discussed in workshops offered by the Educational Opportunity Program from 1 to 4 p.m. today in the S.U. Almaden Room and from 7 to 10 p.m. in the S.U. Guadalupe Room.

Inter-Varsity Christian Fellowship will meet at 7 tonight in the Campus Christian Center, 300 S. 10th St.

AKBAYAN will meet at 1:30 p.m. tomorrow in the S.U. Guadalupe Room. Dance troupe films will be shown and International Week will be discussed.

The SJSU Music Department will present a free jazz concert featuring outstanding jazz students at 8:15 tonight in the Music Building Concert Hall.

The Hunger Project and Food Day Committee will hold a meeting at 4 p.m. today in the S.U. Pacheco Room. Everyone is invited.

The SJSU Folkdance Club will host international folkdancing tomorrow from 7 p.m. to midnight in the Women's Gym.

Alpha Tau Omega is sponsoring an open party for all SJSU students from 9 p.m. to 1 a.m. tonight at 234 S. 11th St. Music will be provided by "Integration."

Career Planning and Placement will hold a mini-class on how to interview more effectively with prospective employers at 1:30 p.m. tomorrow in Business Classrooms, room 202.

A.S. Leisure Services is accepting rosters for coed, men's and women's intramural softball teams. Rosters are available in the Student Programs and Services Office in the Old Cafeteria. Deadline for completed rosters is March 28.

The Semana Chicana Committee will hold a meeting at 4:30 p.m. today in MacQuarrie Hall, room 426.

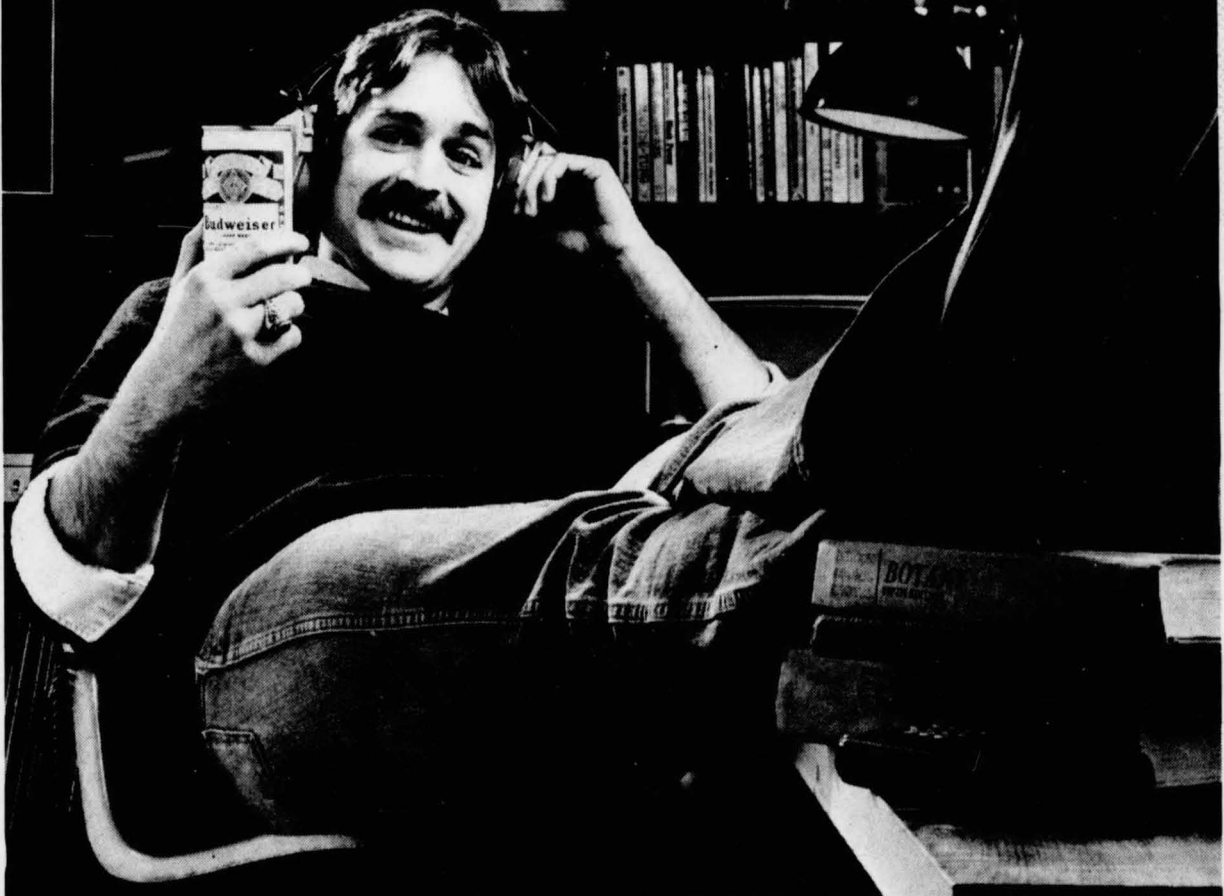
The "Hot Shot" basketball contest will be held from 6:30 to 9:30 tonight in the Women's Gym, in the Physical Education and Recreation Building. Men, women and handicapped divisions are planned. Admission is free and prizes have been donated by local merchants.

The A.S. Election Committee will hold a public hearing at 5 p.m. today in the A.S. Council Chambers to decide whether voting booths should be placed in the dormitory vicinity.

SJSU Sociology Club is having a barbecue from 11:30 a.m. to 2 p.m. tomorrow at the Social Science Building, Fourth and San Carlos streets. Everyone is welcome and disco dance lessons are available.

The Pre-Dental Club will hold a meeting at 7:30 tonight in the S.U. Pacifica Room. Guest speakers will be a husband and wife who are both dentists.

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# CHARTERWAYS

## Foreign lands invite studious students to pursue education

By Bill Smith

Imagine yourself walking through early morning London fog on your way to a seminar, then strolling out to head for the nearest pub.

You can do just that and get upper division or graduate credit through International Travel Study (ITS), Office of Continuing Education.

Through the Consortium for International Education, composed of the University of Pittsburgh, the University of Nevada, Reno, and SJSU you can get from three to five units by attending foreign schools such as the City University of London, the University of Copenhagen, Denmark, or the University of Ibadan, Nigeria.

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According to an ITS booklet, International studies provides the dual advantages of professionally-created experiences and an opportunity to experience a different culture.

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A sabbatical program is additionally outlined in the ITS booklet.

It is designed for professional educators with interests in either educational strategies and techniques or the arts and education. The cost is \$1600 for the program at the City University of London. Dependents may be taken along for a slightly lesser fee, provided they are over the age of 15. For those who sign up for either of the two workshops in London, an additional one-week program in Scotland will follow. Details will be sent to those interested.

Further details, and a copy of the ITS booklet are available in the Continuing Education office in the Journalism Building.

### SPRING BREAKAWAY

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## Hawaii for budget conscious

# Aloha is just a jet flight away

By Robert Clark

Aloha.

This word has several meanings, including hello, goodbye, good luck, salud and love. But to most mainlanders it evokes images of beautiful beaches, leis and lots of sun.

The Hawaiian Islands are only a 2000-mile plane flight from California. Many mainlanders, though, think their chances of getting to the islands are slim, primarily because of increasing traveling costs.

But there are ways to cut these costs to fit your budget.

Flying is about the cheapest and the fastest way to go. You can buy a one-way ticket from San Jose, San Francisco or Los Angeles to Honolulu for about \$118 to \$128 - if you fly in the economy section of the airplane. This means that you will not be served lunch but you can buy a box lunch at the airport for about \$2, or bring your own.

All airlines flying to Hawaii charge about the same, but their prices vary according to the day of the week and from what part of the United States you intend to fly.

On Saturday and Sunday, the prices are about \$10 to \$30 more than weekday prices. Monday through Thursday, round-trip tickets range from about \$400 for first class to about \$250 for second class (sometimes called coach or economy), to about \$236 for third class (called thrif or economy).

The differences between these classes is mostly the amount of money you'll have to spend to get things like a "free" cocktail, movie (with headphones, of course) and lunch. If you don't care about getting these things during the four- to five-hour flight, then fly third class.

There are also many charter flights to the islands that can help you save money. Though these often can be economical, they do place time restrictions. This makes some travelers' schedules more rigid than they would like, but for those with only a week or so for vacation, it could be ideal.

The same thing is true of package flights and tours. There are many of these that offer excellent deals to the budget-conscious vacationer. The best way to decide which of them is for you is go to a travel agency. It may save you both time and money (and perhaps a lot of anguish later on).

Like many places, Hawaii has its tourist seasons. If you like crowds and long lines, got to the islands during the winter season - mid-December to mid-April. June, July and August are also popular times, but they're not quite as crowded as the winter months.

If you'd like more space to yourself and shorter lines, October, November and May and the best months to be there. (It's easier to get reservations in most hotels at this time of year.)

No matter when you plan to go to Hawaii, its subtropical climate is usually mild throughout the year. Temperatures average about 75 degrees, and when they vary, its only six to ten degrees. This is true only if you stay near the ocean. If you plan to hike at higher elevations, the temperature can vary much more.

You won't need to take more than one large suitcase to the islands. You can carry it yourself and avoid paying porters.

Even if it rains a lot while you're there, the rain usually doesn't last long. A light raincoat is all you'll need unless you're planning to camp.

If you plan to backpack or bicycle around the islands, you can have your equipment flown over as regular baggage if it weighs in under your allotted baggage allowance. If it doesn't, you'll have to pay extra. Make sure that you somehow encase your pack or bicycle: they have been known to suffer damage en route. Some airlines provide large plastic bags for your pack.

Before you actually board a plane headed for Hawaii, it may be wise to make reservations at hotels, condominiums or whatever you choose to patronize. Here again, you can find out what hotels are best suited to your needs by visiting a travel agency (most provide free information).

Another way to go about this is to buy a book by Faye Hammel and

Sylvan Levey, "Hawaii on \$15 and \$20 a Day." A comprehensive guide to the islands, it covers everything from flying to Hawaii to where to go when you get there, places to eat, places to stay and how to enjoy it.

Although there are more ways to work your way through the islands, there are two ways that are especially good. One of them is to fly directly to Honolulu, then to Maui, then to Molokai, then to Kauai and to Hilo on the "Big Island," Hawaii. This route is good if you want excitement first and peace last.

But if you want peace first and excitement last, fly from the mainland directly to Hilo, then to Maui, Molokai, Kauai and Honolulu. It is not necessary to make reservations for inter-island flights before you leave the mainland, but it may speed things up a little when you're there.

There are also different ways to travel from one island to the other. One of these is by hydrofoil. Seafite's 929 Jetfoil skims the ocean's surface at about 50 miles an hour. Though it is slightly more expensive than flying, the total experience - for most people - is worth it.

Another way to see the islands is to find someone with a sailboat who plans to sail over to the island to which you're headed. Just frequent the harbors, or ask around, and you might find someone willing to take you along.

However you choose to travel among the islands, each island has its own special attractions. Here are some of the more interesting spots:

**Hawaii:** The active volcano, Moana Loa, is a great place to visit - especially if you're thinking of making a pagan sacrifice to the gods.

The cattle country of Kamuela is beautiful. And the sunsets Kona coast sunsets are ineffable. For those who enjoy shopping, the Kona coast also offers a variety of shops.

There's an intriguing beach called the Black Sands Beach that has, naturally, black sand. Also on this island is Waipio Valley, which has a beautiful waterfall with waters flowing onto the beach. This valley is also the site of some old Hawaiian poi fields.

**Maui:** Be sure to see the verdant side of this island, Hana. There are, among other things on the side of the island, seven pools of fresh water, each flowing into the other, called the Seven Sacred Pools.

And if you feel like taking a long (that is, one to two nights) hike, Haleakala, a dormant volcano, offers the energetic a variety of rock formations, cinder cones and lava tubes.

If none of that interests you, and if you enjoy browsing through many small shops, Lahaina is the place for you. In addition to its shop Lahaina's coast offers excellent snorkeling, swimming and sunbathing spots.

**Kauai:** You can visit the wettest spot in the world atop Waimea Canyon. And for backpackers, the Kalalau trail offers about 11 miles of cliff-hanging scenery. At the end of this trail are several sea caves. This island is purportedly the greenest and oldest island of them all.

**Molokai:** It is small and commercially undeveloped (but not for long). This is not the island for shoppers. On one side of the island - at the end of the highway - is the thickly vegetated Halawa Valley.

If you hike a few hours back into the valley you'll come to a waterfall thundering into a deep pool of unpolluted water. And for an experience you'll never forget, visit one of the last leper colonies in the world in Kalapapa.

If you want to visit the colony, you'll have to hike or ride a mule down a steep trail that winds 2,000 feet down to the valley floor.

**Oahu:** There is so much to see and do on this island that you could probably spend several weeks there and still miss some things. It has one of the most famous surfing beaches in the world - Sunset Beach on the north shore. Hanauma Bay is an excellent bay for snorkeling.

If you want to learn something about Hawaii's history, visit Bishop Museum. And in case you've never seen any pictures of Pearl Harbor, you can visit the real thing just west of Honolulu.

(Continued on page 10)





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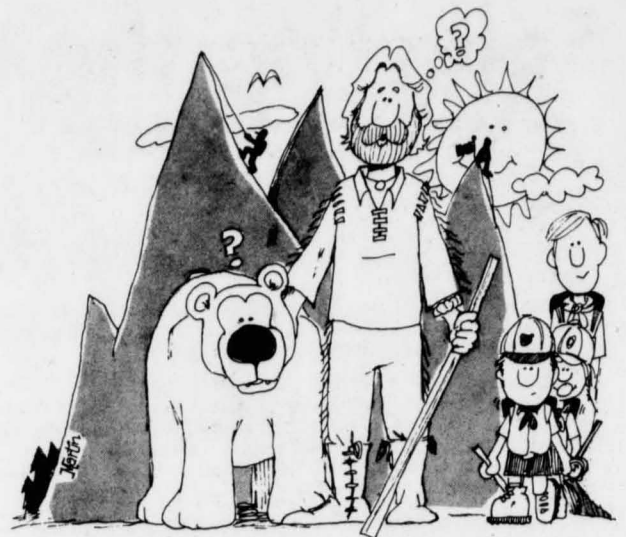
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**Escape by backpacking  
to 'uncluttered sights'  
away from civilization**

By Scott Knies

Some people will never know how really warm the sun's touch can be at 10,000 feet.

Or the taste of water from a mountain creek dancing over granite and purified fresh along the ground.

Or the smell of air energized by an endless blue sky and filtered by the pines.

But the quiet sounds and uncluttered sights are precious and too few. It is getting harder even for backpackers to escape into the mountains to enjoy nature's silence and the unspoiled landscape.

With the increased popularity of backpacking it has become difficult to escape humanity. The campsites are full, the firewood is gone, the fish air caught and the trails are littered with depressing reminders that you are not alone.

The National Park and Forest rangers now limit the number of hikers given access to the back country. This control is necessary because excessive use has proven disruptive of the delicate alpine ecosystem.

But the serious backpacker intent on a solitary journey has ways of avoiding the scarified fire-pits, obnoxious boy scout troops and soap bubbles in the corner of the lake.

And he does not have to leave California because some of the finest backpacking country in the United States is the High Sierra.

The serious backpacker has to either pack in with the notion of getting far away from the trail heads and putting some hard miles between himself and the lightweights...or hike crosscountry.

Both suggestions lend themselves to the ultimate feeling of "having the whole country to yourself", but both are not without drawbacks.

Getting away from the trail heads means a lot of hiking and ample time. These longer trips are very satisfying but demand a few extra days and more stamina (it is a heavy pack those first days because of more food carried).

Hiking crosscountry is only for people who know how to read a compass and a good topographic map. Without a trail the hiking can be extremely dangerous so it is important to carefully choose the terrain you want to cross.

The rewards of off-trail backpacking are numerous but the hiker must put safety ahead of his exploratory nature. Weather can be a fickle nemesis if one is poorly prepared or without a trail leading back.

The Minaret's area in Inyo National Forest east of Yosemite offers a myriad of snow-fed lakes separated by lush alpine meadows and ragged 12,000 foot peaks.

The Tableland boundary between Kings Canyon and the Sequoia National Parks boasts a top-of-the-world feeling with the intimidating Great Western Divide. Countless drainage valleys angle down from these peaks which offer many crosscountry possibilities.

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# Selecting the right equipment

By Kevin Fagan

Hitting the mountains for a hike can be an exhilarating way to "get away from it all," or a miserable ordeal. It all depends on how prepared you are.

Shopping at specialty stores will insure good-quality equipment, but prices will be astronomical compared to those found in surplus or chain department stores. The trick is to keep basic requirements of good equipment in mind and shop cautiously, being wary of labels that proclaim "We're the best!" or "World Famous."

First thing on the hiker's list is a pack, next to boots, sleeping gear and food. A pack should be sturdy and comfortably fitting.

Check the pack's frame first. The best kind are contoured to fit your body, but straight frames with adequate webbing at body contact points also serve nicely.

Another thing to look for is sturdiness.

To test this, set the pack down with the weight entirely on one leg of the frame and lean on it, applying pressure until you have an idea how much stress it will take. Do it carefully, though, because cheap frames will crack at the welded joints, leaving you with the price of a broken, lousy frame.

At any rate, the pack should rest comfortably on your shoulders and at the hip belt. To test the pack you're considering, fully load it up and strap it on.

Are the straps fully padded on your shoulders? If the frame digs into your body at any point, try another pack.

Above all, the pack should ride mostly on your shoulders, with about 30 percent of the weight on the hip belt. Also, the hip belt should be made of two straps instead of one, so the pack won't bounce around on your hips.

Bag selection for the pack is entirely up to personal preference, as far as style goes (like how many compartments or pockets it has), but it should be well reinforced at all stress points and have small stitches in straight, even rows.

The optimum price for a pack is \$35 to \$50. Any more is overkill, and any less is asking for cheap frame construction.

Second on your list should be boots. Taking off on a trip of any length in tennis or street shoes is begging for blisters. Feet need the support and protection boots offer, or the ground will make hamburger of them.

Vibram soles are the best known and sturdiest soles for hiking boots.

Although boots made specifically for hiking are the best, work boots with good tread and support can also serve.

You should pay no more than \$50 for a pair for hiking boots, and \$25 to \$40 for a pair of work boots. Generally, shoe store mark up their

shoes about \$10 or \$20, so avoid them.

When buying a sleeping bag the primary concern should be warmth, which is best provided by down bags, although some polyester bags are adequate. Dacron II and Fiberfill are the best types of polyester bags.

However, polyester bags stay warm when wet, whereas down bags don't, so keep that in mind.

Don't even consider cotton-filled cloth bags. Their best function is at slumber parties.

The main problem with polyester bags is that they weigh more than down bags, and weight is the second most important feature of a sleeping bag. The bag should not weigh more than five pounds, and the less the better.

Just make sure it will keep you warm at 0 degrees, which should handle most mountain nights. Don't get a warmer bag, unless you're going to the snow, or you'll find yourself roasting intolerably at night.

Square top bags are drafty and bulky, so consider a mummy-style bag.

Your sleeping bag is the most expensive piece of hiking equipment you'll buy. Polyester bags usually run about \$40, but goose down, the

best of the down bags, will cost about \$150. For most people, though, duck down bags will serve more than adequately. Good ones cost about \$80.

Last, but certainly not least on your list is food. As Robert Louis Stevenson said, "A mortified appetite is never a wise companion." More simply stated, a lack of food will ruin your trip.

Taking raw produce or meat and cans of food is not wise because they add weight or spoil. Dried food is best.

Lunches and breakfasts can consist of salami, cheese, peanuts

and granola, but dinners are a different matter.

Although grocery store instant meals like macaroni and cheese are cheap, they tend to weigh more than freeze-dried foods.

Since they are made almost exclusively for backpacking, freeze-dried foods cost predictably more than any other kind of camping food, but as dinner for four only runs about \$4, it costs less than eating at MacDonald's.

There are 12 different companies producing 174 different main courses, so selection of freeze-dried foods is not limited.

Feast well.

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# EUROPE EUROPE EUROPE EUROPE



## Cheap flights for Europe?

By Anney Hutchins

So you've decided to fly to Europe this year and you want to find the lowest fare available. Good luck!

You will be bombarded by advertisements all claiming to have the best deal. Beware of cut-throat competition. Many of the attractive ads have little asterisks that represent big maybes.

Pan Am, TWA, and British Airways have filed proposed fare packages to London with the Civil Aeronautics Board for approval. Neither the British nor U.S. government has approved the reduced fare.

The charter organizations such as Laker, Charterways, Char Tours and Unitours have, received CAB approval for Advance Booking Chargers (ABC).

ABC passengers must make reservations and pay in full 45 days prior to departure. Prices vary depending on time of departure and length of stay. Round-trip fares to London originating in the west coast range from \$419 to \$469.

Reduced costs are also available through travel clubs such as the British American Club. The BAC fare ranges from \$409 to \$499. To be eligible for the club rate you must hold membership for at least six months. Booking and full payment is required 90 days in advance.

The national airlines proposed fares range from \$399 to \$609. Pan Am, TWA and British Airways have applied for three types of reduced fares to London. The Advance Purchase Excursion, like the Charter flights, requires passengers to make reservations and pay in full 45 days in advance. The APEX fare from the middle of June to the middle of August will be \$609, pending CAB approval. The round-trip fare during summer months without a reduction is \$1100.

Also pending governmental approval are Budget and Standby Fares.

If approved, the budget round-trip cost will range from \$398 to \$441. Budget fares require the passenger to advise the airline of the required week of travel in both directions no later than 21 days prior to Sunday of the week of travel.

Confirmation of the booking and notification of the actual outbound date of travel is then provided seven to ten days prior to departure, and the airlines may or may not notify the passenger of a definite return date.

The standby fare requires the passenger to go to the airport and wait until everybody who has booked a confirmed seat has checked in. If any seats remain, the standby passengers are then allowed to travel at the reduced rate. Prices range from \$399 to \$499.

Jim Harding, Advertising manager of Charterways, said the new fares will probably be approved. He added, "Your guess is as good as mine."

Anita Clark, TWA reservation sales agent for 22 years, said reduced fares will definitely be granted, but, "no one knows the exact price. It may be \$20 or \$30 higher than the proposed fare."

Pan American pilot Earl Lemon said, "it's hard to know what will happen." Lemon said he feels bitter because Pan Am's recent requests for new routes have been denied.

Clark said the fares should be effective April 1.

Harding described existing competition as "war against the charters." and an attempt to "run them out of business."

If you need to have definite departure and return dates and you would like a confirmed reservation the least expensive fare is offered by the clubs or charters, Harding said.

Budget and standby fares, if approved, will offer the least expensive rate for those with flexible schedules. Only those with no time restrictions should attempt to travel by this method according to Harding. He explained if planes are full, and many of them already are, very few people will get to their destinations by opting for the standby or budget fare.

After poring over price comparison charts, it seems the best flight bargains to Europe are leaving from New York. If you can get to New York inexpensively \$260 will fly you to London and back on the Laker Skytrain.

### Camping saves

## Living on a budget

If you're traveling in Europe on a limited budget, the one thing you don't want to do is spend a major chunk of your bankroll on accommodations.

With transportation, food, and souvenirs to spend money on, you don't really want to spend more than you absolutely have to on a place to sleep.

The best way to save money on accommodations is to find a nice, quiet, grassy area in one of the many organized campsites throughout Europe and pitch a tent.

Europeans have long favored camping in their own travels as the best combination of economy, convenience and personal freedom.

For this reason, clean, well-kept campsites are abundant in almost all European countries.

Campsites are indicated by signs with either a large white C encircling a tent on a green background or a black tent in a white square on a blue background.

A typical campsite provides parking facilities, showers, bathrooms, and a small restaurant or store. Prices vary from around 25 cents to \$1.50 per tent, and per person each night. Reductions are sometimes granted if you have student ID.

For the low-budget traveler with no real desire to brave the great outdoors, the best bet for a cheap place to sleep are youth hostels.

The appeal of youth hostels is their price, their great number and their many locations throughout

Europe.

Though the regulations in hostels are somewhat rigid (many ban drinking and don't look very favorably upon unmarrieds seeking single rooms), the prices are always right, ranging from 50 cents to \$3.50 a night.

Most hostels also have early night and morning curfews but they're a good way to stay if you're looking for economy.

To stay in a youth hostel you must be a member of American Youth Hostels. Membership for those 18 and over is \$11. Further information on membership can be obtained by writing American Youth Hostels, Inc., Deleplane, Va. 22025, or by contacting a travel agent.

An alternative to the youth hostels are privately-owned student hotels, which are less numerous and more expensive than the hostels, but require no membership card.

Student hotels have no curfews or scheduled awakenings. Also they are open year-round while many hostels are open only after the universities close for the summer.

Prices range from \$4 to \$7 per night.

For those with less austere tastes, there are fine hotels available all over Europe whose prices start at \$6 per night.

But for those willing to live without a few of the comforts of home, there are many accommodations available that are more than adequate, and won't wipe out a limited budget.

## Monetary values in Europe

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# EUROPE EUROPE EUROPE EUROPE

## Travel Methods Within Europe

By Alicia Viloria

Once a traveler gets to Europe, a wide variety of travel modes are available to get from one place to another within the continent.

A little research and a lot of advance planning can cut transportation costs and add pleasure to the entire trip. Among travel services offered in Europe are planes for the jet set, bicycles for the physically fit, and thumbs for the frugal.

Students with a student I.D. card can enjoy air service within Europe for about one fourth the commercial airline fares. The typical fare from London to Paris is \$289, and from Paris to Rome—\$51. Detailed information is available in the Student Travel Catalogue 1977-78. For a free copy write CIEE, 236 N. Santa Cruz No. 13, Los Gatos, CA 95030.

For student travelers, various Eurailpasses are available, offering discount prices for traveling by train. But that's one of the disadvantages. In order to make the pass pay for itself, the traveler must spend a lot of time on trains.

Eurailpasses offer unlimited service in most of Europe, but not Great Britain or Eastern Europe. A first class Eurailpass costs \$100 for 15 days; \$210 for 21; \$260 for a month; \$350 for two months; and \$420 for three months.

Motor caravans, or vehicles used for both traveling and lodging are a nice alternative for those who don't want to hassle with finding a place to sleep.

Groups four or more can save money by renting or leasing a caravan in Europe. Most busses, equipped to accommodate four, run

about \$100 a week. It's a nice price broken down four ways.

Some established caravans rental firms in London are Apex Leisure Hire, 102 Fulham Rd., London SW3; Godfrey Davis Car Rentals, 170 Marylebone Rd., London NW1; Wembley International, 14-16 Harrow Rd., Wembley, London; and Wilson's Motor Caravans, 36 Acre Lane, London SW2.

In Denmark, try Share-a-Car, 57 Studiestraede, 1554 Copenhagen, Denmark.

Whether using a car or a van, drivers must always have a license and insurance valid in whatever country they are in. AAA offers an international License for about \$3 that's good almost everywhere.

(Continued on page 11)

### Students can cross at discount rates

## Luxury awaits transatlantic travelers

By Judy Twitchell

Sailing from New York in June...arriving at LeHavre, London, Rotterdam. Embarkation, staterooms, promenade deck, dinner seating — the words come from an era of unhurried, elegant travel, when transatlantic crossings meant taking the Queen Mary or Queen Elizabeth to Europe. For the traveler, it was a luxury and adventure.

Those days have not disappeared altogether. You can still make the crossing, in much the same style and luxury of a bygone age. It takes a little more time and planning, but an ocean cruise could turn out to be one of the most memorable of your travel experiences.

The Queen Elizabeth II of Britain's Cunard Lines still makes the Atlantic crossing, though her sister ship, the Queen Mary, has been retired as a tourist attraction to Long Beach's harbor. Two other passenger liners of Russian and Polish registry sail from Montreal or New York from May through October.

All three lines offer a range of rates, depending on the size and location of your stateroom, and feature fine food, entertainment and shipboard activities that make an ocean voyage special.

Full-time students between 18 and 29 can make the crossing at special rates. (about 20 percent less than regular fares). These rates affect only stateroom accommodations; all other features of the ships are available to everyone.

The TS/s Stefan Batory, a Polish liner, sails from Montreal nine times from May through October, and puts into port at London, Rotterdam and Gdynia, Poland. Their rates for students, in four-berth staterooms, range from \$268 to \$384, one way.

The M.S. Mikhail Lermontov and M.S. Alexandr Pushkin, Baltic Shipping Company liners, sail from New York once in June and once in September, stopping at LeHavre, London and Bremerhaven before continuing on to Leningrad.

Rates for this crossing are from \$290 to \$365.

The Queen Elizabeth II offers students under 26 rates of \$350 to \$400, depending on departure date. These rates include meals, facilities and entertainment while on board.

Lest you think luxury and elegance have disappeared from transatlantic crossings, the Queen Elizabeth II still offers one-way accommodations in their top first-class suites for only \$11,320.

Passengers can take their cars (and dogs, cats, birds, bicycles and baby carriages) on board all three ships. Rates are determined by weight and size of the car.

If you want to tour Europe over summer vacation, an ocean crossing could be the most convenient and economical way to go.

You should book your trip about six months in advance. Since student rates are attractively priced, these accommodations are the first to sell.

A transatlantic crossing takes from six to 10 days — full of sun, wind and sea. Days are for reading or sleeping, people watching or engaging in charming conversations from a deck chair or at dinner.

Ocean cruising is not a fast way to travel, but it's not meant to be. It's for those who wish to travel in style and savor a unique experience that may not be available much longer.

Another favorite dream of student travelers is to hop a freighter and work your way around the world. It's more myth than truth, but freighter travel does offer you experience and adventure of a different kind than

scheduled passenger liner crossings.

To cross the Atlantic to Europe or sail across the Pacific to the Orient on a passenger-carrying cargo ship requires a year or two advance booking.

Freighter travel can be more expensive because each cargo ship, under international maritime rules, can carry only 12 passengers and still retain its cargo ship designation.

Your schedule on a freighter is at the crew's convenience; with modern methods, unloading cargo may take only hours in port; if there is a dock strike, everyone stays in port until it is settled.

But freighter travel is romantic. You'll have no crowds, no schedules. You'll see life at sea, with tradition and folklore mingling with the cargo operations of a modern ship. There are exotic ports of call — Beirut, Bombay, Liverpool, Casablanca and the Black Sea. If you want to cross directly to Europe, freighters leave American ports — New York, New Orleans, Los Angeles and San Francisco among them — and dock in London, Antwerp, LeHavre and elsewhere.

There is a wide price range for freighter travel; the Swedish cargo liner Annie Johnson out of San Francisco to LeHavre lists its one-way, one-person rate as \$1625.

The "tramp" steamers of various foreign registries list rates from the East Coast to first port in Europe at \$410 one-way for a double cabin. And the American Export Lines lists one-way fare to Amsterdam from New York at \$800. No student rates are listed.

If getting there fast is your goal, take a plane. But if you have time and want the experience of your life, book a stateroom, pack your steamer et down to the pier fast!



## Tips for better bicycling

-Learn to repair your bike. It isn't difficult and there are a lot of good repair manuals available. Classes in bicycle repair are offered at many colleges and it's a good idea to take one.

-Pedal at a good average pace and change gears to keep pedal speed uniform. Fifty pedal strokes a minute is very slow and 140 a minute is very fast.

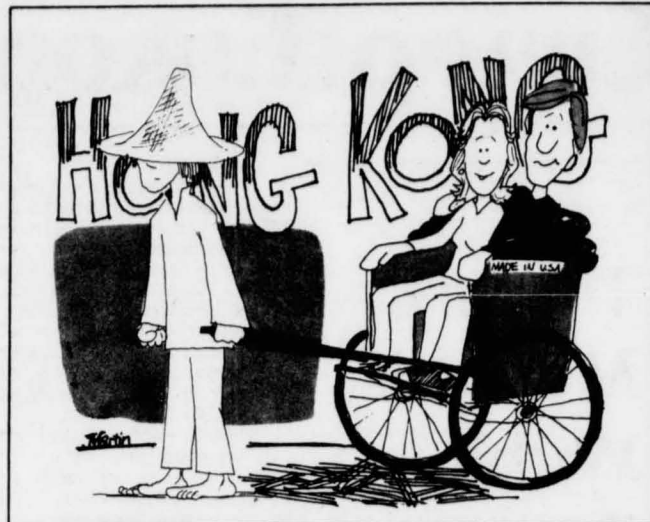
-Take hills a little at a time. Don't watch the summit. Just look a short distance ahead and set short, temporary goals such as a certain

tree or a rock on the way up.

-Remember that bicyclists are subject to all the same regulations as drives of automobiles.

-Never begin a trip on an empty stomach. When you first notice hunger, eat lightly and drink just a little before becoming thirsty.

-Before starting a trip: Know your route (carry a map); check the condition of your bike; carry essential tools and a spare inner tube; wear proper clothes for the weather (be prepared for unexpected changes in the temperature).



## Diverse Orient

# Hong Kong

By Julie DiBene

If you want to travel all over the world in one trip this summer, meet people and explore cultures from every corner of the world, then make your trip to Hong Kong.

On this tiny island in the heart of the Orient, you'll discover a grabbag of all peoples, a mixture of all worlds that come together in this teeming center of world trade and activity.

Hong Kong is still a British Crown Colony and this trip will take almost 16 hours by plane with a night stopover in Hawaii. Air fare booked months in advance, for such a trip lasting at least 30 days, will cost \$887 round trip. Much cheaper rates are available in the off season.

Frequent checks of your passport will be made inflight and you will not be allowed to enter the Orient without a slew of shots including smallpox, cholera, typhoid and several boosters.

Upon entering the Orient (and this includes a quick stopover in Japan) there is one absolute rule any and everyone must follow: Never, ever drink the water. You should personally boil all drinking water for 15 minutes, even in hotels, or purchase bottles of it. It's a good idea not to drink the water in restaurants either.

This is because all Hong Kong water comes from the Yellow River and is flushed through ancient crumbling plumbing with rusty pipes, resulting in a color that the river's name suggests.

Once you arrive in Hong Kong, stick to modern antiseptic hotels like the Hilton, which has excellent services and safety. A simple double occupancy room will run \$30 a day.

Pickpockets are something to watch out for. Professional thieves will be after your passport (more so than your wallet or purse because you're young and probably a poor student) to sell on the black market.

Although there is something excitingly sinister about this situation to the outsider, it is unamusing to the victim. Protect your purse and wallet accordingly with travelers checks.

If you lose your passport,

report it immediately to the American Embassy.

Despite all these warnings, Hong Kong is one of the most fascinating places you'll ever visit.

The night life in Hong Kong is one of its main attractions. Discos, restaurants and clubs offer the finest selection of partying you might ever do. Let the hotel clerk suggest some of the better ones or taxi drivers may take you to their best friend's place and charge you outrageous prices. Also, try to make friends with somebody that speaks a little Cantonese but don't let anyone fool you, most of the citizens speak a smattering of English, no matter how deaf they pretend to be.

Sightseeing in Hong Kong includes a tour of the main island, Caloon. Take a ferry across for mere pennies and enjoy the scenery. You can tour the entire area in a few hours, providing you don't get stuck on a side street with throngs of poor clamoring for a handout. Unless poverty excites you, stay out of the lower areas. Disease and thieves abound and the poverty is pathetic.

Shopping can be the high or low point of your trip, depending on how you go about it. The most exciting spot to shop is Ladder Street, built exactly like its name suggests. It's an attraction one must see to believe. Barter for everything you buy, offer half the amount you wish to pay and you'll usually do very well.

Since you will be traveling during the summer it's a good idea to remember that Hong Kong rests just below the equator and the humidity makes New York seem refreshing in comparison.

The heat can be intolerable so stick to indoor activities during the worst days. Nights are the key to success when traveling during the summer. Pack your lightest summer clothes for day and light but dressy clothes for evening.

Think of it this way. For about \$2,000 you will meet more people, go more places and learn about more cultures than traveling throughout all of Europe and Asia and you can find it all in one place - Hong Kong.

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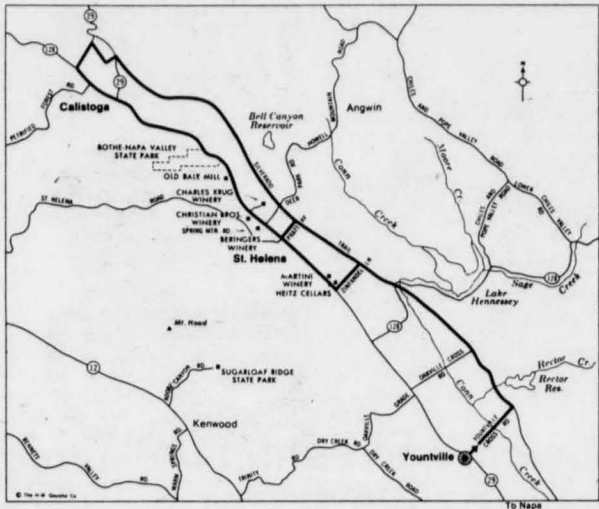


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## Bike trip offers escape along wine country hills

By Nancy Smith

Traveling by bicycle offers a world of scenes, smells and sights that can never be experienced by speeding along in an automobile.

Bicycling gives you the chance to explore the back roads, see the countryside and meet the people. The opportunity to escape the noise, rush and traffic rush and traffic congestion of everyday life is there on a bike.

Good exercise, relaxation for the body as well as the mind are other benefits of cycling. And most important, it's great fun!

There are hundreds of trips that can be made by bicycle in California. A few are described here to give an idea of the kinds of trips that are available. They have been rated according to degree of difficulty. Approximate mileage, types of terrain and traffic conditions are also given. This trip is a particular favorite:

**SILVERADO TRAIL - VIVE LE VIN!**

Approx. mileage: 22 (42 miles with Calistoga loop)

Rating: Easy (more difficult with additional 20 miles)

Terrain: Flat with a few gentle grades through the heart of the wine country.

Through the vineyards to numerous wineries, enjoying samples as you go - this is a premium bicycle tour. The trip takes you from Yountville to St. Helena, with an optional Calistoga loop.

Yountville is the starting place - you can transport your bike there via Interstate 80 and State 29.

Begin at Vintage 1870 and use Yountville Cross Road to take you across the valley to the historic Silverado Trail. The traffic on Silverado Trail is light and the roadway has shoulders to make cycling easier.

Pratt Avenue takes you into the heart of Napa's wine country: St. Helena. Ride across the old arched stone bridge, one of more than 60 that are characteristic of the wine country.

Just north of St. Helena there are three famous wineries that offer tours and tasting: Beringer, Christian Brothers and Charles Krug. Up the road from the wineries is the Freemark Abbey and the Hurd Candle Factory. On weekdays you can see how the candles are made.

Next door is a gourmet shop where you can purchase cheese and other goodies to go with your wine at lunch. Another excellent source for cheese and salami is the old white Olive Oil Factory on McCorkle Avenue in southeastern St. Helena. For your picnic settle down on the shaded lawn of Lyman Park next to the city hall.

The 20-mile Calistoga loop is for those who want a longer trip before lunch. Do not turn on Pratt Avenue but continue on the Silverado Trail to Calistoga.

Returning to St. Helena on State 29 you pass the old Bale Mill, a famous historical site with its towering water wheel and gigantic grinding wheels.

The last two wineries to visit are Louis Martini and the Heitz Cellars on the south end of town. Martini offers both a tour and tasting; at Heitz there is tasting only. (Most wine tours are similar and you don't need to take every one you see. But do stop at all tasting rooms.)

After leaving Heitz you will probably be feeling quite relaxed and loose. (Try not to get too loose or you'll have to forget about riding your bicycle.) Zinfandel Lane takes you back to the Silverado Trail, a better route than the heavily traveled highway if your day's touring has left you a bit wobbly.

Some good sources of information on bicycle trips and bicycling in general are: The AYH (American Youth Hostels) Bike/Hike Book; 50 Southern California Bicycle Trips, by Jerry Schad and Don Krupp; Agousha Weekend Guide; California Bike Tours; JJ's Best Bike Trips, by Joanne Johnston; and Bicentennial Bike Tours. These are available in libraries.



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## Surrounding countryside, fleeting landscape highlight ride

By Margo Kearns

The post Civil War fever to race across the countryside on the iron horse can still be felt on miles of track extending along the Pacific coast.

Starting in Seattle, and ending in Los Angeles, Amtrack trains offer one of the most beautiful routes in the United States. From Seattle to San Luis Obispo, the train winds through hillsides inspiring romantic notions of Jesse James and miners panning for gold. Bypassing the

Madonna Inn, the route follows the ocean shore line.

A glass dome lounge car is offered to sightseeing travelers for a full view of the surrounding countryside. Deep cushioned seats offer relaxation while tables are provided for a fast game of pinochle or a milkshake from the snack bar.

Or passengers can take a leisurely walk around the coastal train, stopping between cars to gaze at the fleeting landscape.

For those with plenty of time and a few extra dollars, Amtrack offers a Hearst Castle tour. Other sights of historical interest such as Mission San Luis Obispo de Tolsa. The lecture on the 137-foot-high mansion and surrounding area is \$41.50, not including train fare.

Stops at Fisherman's Wharf in San Francisco, or Santa Barbara's resort facilities can offer opportunities for exploration.

A simple trek between tidal pools and small waterfront shops

can be accomplished by an overnight stay in Santa Barbara, Oxnard or Glendale.

The coastal train runs everyday, leaving San Jose at 9:25 a.m. San Jose to Los Angeles is \$25.50 or San Jose to Seattle is \$60. The complete trip from Seattle to Los Angeles is \$80. Round trip is double the one-way fare.

For information contact Amtrak toll free at 800-448-3850 or the San Jose train station located at 65 Cahill, 287-7462.



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## Hawaii: recreation unlimited

(Continued from page 3)

For shoppers, one of the biggest shopping centers in the world, Ala Moana, invites you to spend every cent you've ever made. To top it off, visit the famous Waikiki Beach and prepare to sun yourself while standing on your head—if you can find that much room.

There are many ways to get around the islands. Oahu has an efficient and reliable bus system. The other islands also have bus systems, but don't match up to Oahu's.

You can always travel by taxi, but renting a car could be cheaper if you're planning on extensive traveling.

You can also rent bicycles, though it's harder to find places that rent them than it used to be. Motorcycles and campers are also available.

If you're thinking about going to the islands, find out as much as you can about them before you go. A travel agency can help you tremendously if you tell them what your interests are and how much time and money you have to spend. To insure that you have a enjoyable time in the islands, planning in advance is essential. And take a friend.  
Aloha.

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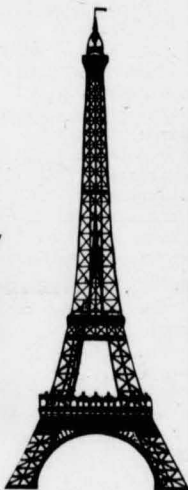
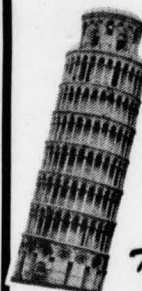
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# Traveling in Europe? Go rail, bike or moped

(Continued from page 7)

All companies also rent tenting equipment for those who enjoy camping. "European Camping and Caravanning" by Cope contains valuable information on the subject. "Europa Camping and Caravanning" is a helpful campground encyclopedia. Some useful maps are available from the American Automobile Association (AAA), Esso or Shell gas stations. Maps should be obtained in the U.S., as European service stations always charge a substantial price.

Shell Road Atlas and the Michelin Map Series are also helpful.

For the person who enjoys the outdoors - and good health - bicycling offers the traveler a chance to enjoy the people and pleasures of the countryside.

However, very little baggage can be carried, mileage is low, and excellent physical shape is a must.

Transporting a bicycle by plane to Europe can be a hassle. Transport prices vary from reasonable to very expensive, depending on the individual airline. Brakes, pedals and racks must be removed and handlebars turned down, before the bike can be crated for shipment.

Travelers might consider buying a bike in Europe. Britain would be the best place to purchase it if it will be taken back to the U.S. as British bikes have the same parts as American models.

Long and short term bike rentals are also available throughout Europe. Bike travelers are often able to transport their cycles on baggage cars for a small fee on long hops.

Swiss Air offers bike tours in Austria and Switzerland. They include air fare, accommodation and bikes at reduced rates.

The American Youth Hostels also offer bike tours. For more information, write American Youth Hostels, Delaplane, VA 22025.

And for the traveler who wants the pleasures of bicycling without the pains, there is mopeds. These motorized cycles can cruise at 35

miles per hour quietly and are easily put on trains and ferries for longer trips. The average cost of a moped transportation for an entire summer is about \$400.

Two drawbacks: They don't handle well in the rain and their spark plugs need frequent attention.

For students under 23, the InterRail Pass is available at major rail stations in Europe for about \$160. It offers unlimited travel for a month, but with only a 50 percent reduction in the country of purchase. InterRail is valid in all countries covered by Eurail and Student Rail Passes, plus Great Britain, Finland, Greece, Turkey and Eastern Europe.

For students 25 and under, Student Rail Passes offer two months of train travel for \$230. They are only available in the U.S. and must be purchased in advance.

An alternative to Eurailpasses is the student trains. They connect all major cities and are scheduled about once a week all summer. For a schedule and details, write CIEE, 777 United National Plaza, New York, NY 10017 or USSTS, 801 Second St., New York, NY, 10017.

The cheapest but most uncertain way to travel is by thumb. Finland and the British Isles are known to be the hitchhiker's delight while Spain, France and the Benelux countries are known to be the worst.

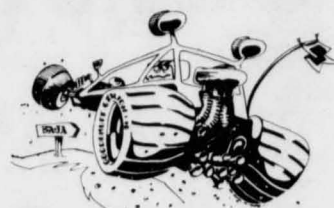
## TRAVEL TIPS

The best way for students to travel is with a backpack. Carrying a suitcase in your hand can be incredibly tiresome, so if you must bring luggage, get something with a shoulder strap. With the weight on your back, you will be more mobile and comfortable, your hands free to handle maps and tickets.

Don't overstuff your pack - you'll want to leave room for things you buy on your trip. A small day pack is useful for days in the cities and museums or overnight excursions.

## FEATURING:

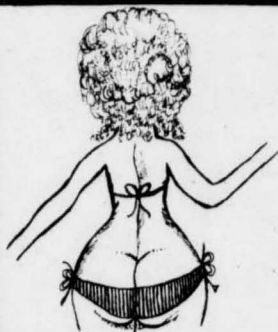
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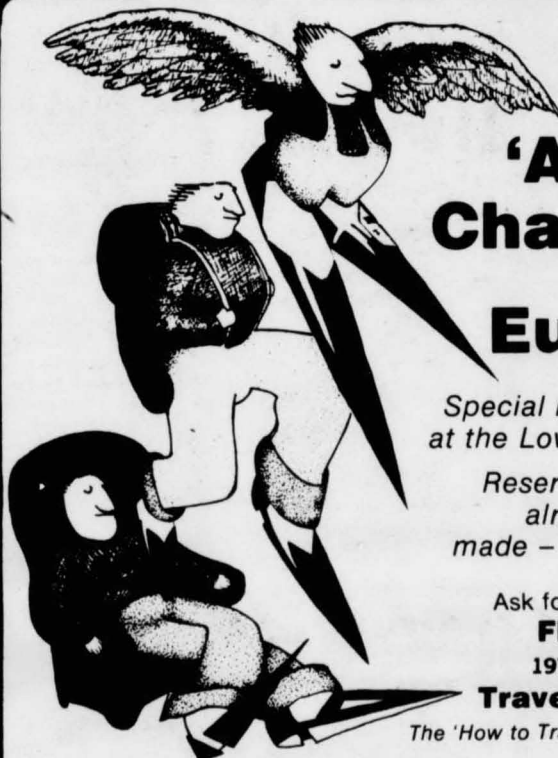
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