

News briefs



The Foothill Tutorial Center is recruiting student tutors for next quarter. Teachers are asked to refer students qualified to tutor before the end of the quarter. Students wishing to be tutors next quarter should contact the Tutorial Center now. The pre-planning is to allow the free service to begin the first week of Spring quarter.

 ASFC presents: "Focus on Africa." This College Hour Series will show an hour long documentary on Angola and the activities of the MPLA, Tuesday, March 8 in Room S-1, at 1 p.m.

 Casablanca, with Humphrey Bogart and Ingrid Bergman, will be the feature of the Friday Evening Film Series on March 11. The film begins at 8:30 p.m. in A-61. Tickets are 50 cents for ASFC and Evening students, \$1.50 general. The series is presented by the ASFC.

 The deadline date for students wishing to apply for Basic Educational Opportunity Grants is March 15. Financial aid applications for the spring quarter can be obtained from the Financial Aids Office located in the Administration Building.

 The Foothill Drama Department concludes its performances of Cole Porter's musical "Kiss Me Kate" on March 3-5 at 8:00 p.m. in the Foothill Theater. Ticket information can be obtained from the box office at 948-4444.

 The Foothill-De Anza Faculty Association (F.A.) was overwhelmingly voted, on Feb. 24, to be the organization to represent the district faculty to the Board of Trustees.

Of the 1350 instructors (part and full-time) in the Foothill-De Anza district, only 711 voted. 409 of the 711 votes went for F.A. representation. The California's Teacher Association, which was heartily endorsed by Foothill instructor Lescher Dowling, received 211 votes, with the remaining 91 votes going for no representation.

Foothill College

SENTINEL

VOLUME 19 NUMBER 16

Foothill College, Los Altos Hills, California 94022

March 4, 1977

Candidates vie for district seats

By CAROL ZAPATA

Choices for two Board of Trustees members to serve the Foothill-De Anza Community College District will be made during the election on Tuesday, March 8.

Five candidates will run for the two positions open. Incumbents are Alfred P. Chasuk and Norman Shaskey. The Challengers include Robert List, Isabel Prucha, and Mary Wallace Wheat.



(Photo by Ryan Atwell)

Incumbent Norm Shaskey

To promote voter participation, the League of Women Voters sponsored a series of Candidates Nights at various schools in this area. Robert List was unable to attend, but the other four candidates presented their platforms and answered voters' questions.

ALFRED CHASUK

Alfred Chasuk, a practicing attorney with his J.D. degree from the University of Santa Clara, has served two terms on

the Board and is presently its president. He has contributed to and presided over numerous community organizations and functions.

Chasuk has been involved in the city of Mt. View as president of its Rotary Club, president of the Chamber of Commerce, director of the United Fund, and director of the adult and child guidance clinic of Santa Clara County.

Observing that the role of community college has greatly expanded within the past eight years, Chasuk stresses that there are two main issues the Board must deal with effectively in the future; "Of course one is financial. We will strive to preserve the quality of the program in the face of inflation . . . I feel my eight years of monitoring budgets on the Board qualifies me to bring wise decision making to this effort. The other issue is the establishment of a fair and effective collective bargaining process. Here I feel that my background as a lawyer will be particularly useful."

Chasuk described the programs he has supported in the past including the establishment of satellite campuses, the level of quality in two year programs and the function of the state committee to establish equal recognition of community college credits as units earned at four year institutions.

NORMAN SHASKEY

Norman Shaskey, also an incumbent, is a Senior Accountant who attended Foothill and De Anza. He holds an M.A. from the University of California, in Economics and Geography, and graduated Phi Beta Kappa as president of his class. The former community college instructor is a member of the Board of Directors of the Mt. View Jaycee's and is active in a number of environmental groups as well as the Mt. View Board of Realtors and the National Organization for Women. Shaskey is the only trustee with a 100% attendance to the Board

meetings since his election in June 1974.

Shaskey elaborated on past issues which he has voted on, including some which have not met with wide support from other members, but which he feels are important. "I voted for high quality academic and vocational education. I was the only trustee to oppose academic credit courses for homosexuals, dog care, and other non-essentials. I felt that a citizen's course committee was needed to evaluate the colleges' curriculum offerings, and by listening to the citizens through this committee as an intermediary between the college staff and the Board of Trustees. I feel the Board has made wiser decisions on what sort of curriculum we ought to approve."

ISABEL PRUCHA

Isabel Prucha, librarian and instructor at West Valley College, graduated with honors from Foothill College, and received her M.A. in Librarianship at San Jose State. She attended the University of Guadalajara in Mexico, and her credentials include Spanish and Bilingual Education. Prucha has contributed extensively through volunteer and professional service to the community in political, educational and service organizations focusing on women, foreign language and the handicapped.

Prucha hopes to concentrate on the quality of curriculum and the control of finances, keeping in mind the different needs of transfer students, those going for vocational training, those re-entering men and women, and those involved in bilingual programs.

"Educators delivering the education and students receiving it, must become an important part of the decisions and policies affecting the directors . . ."

Holding the opinion that the Board has isolated itself from the community, Prucha stated, "I believe that I can contribute positively to the Board with

my background as a student, a graduate from Foothill College, a concerned parent of potential students of Foothill or De Anza, and as a Mexican-American who has very recently gone through the entire academic system."



(Photo by Ryan Atwell)

Trustee candidate Mary Wheat

MARY WHEAT

Mary Wallace Wheat has served three terms as president of the Mt. View-Los Altos Board of Trustees during her twelve years on the Board. She has served on district, county and state committees, including; the North County Regional Occupational Board; Minority Education and Students' Rights Committee of California School Boards, and Occidental College Board of Governors.

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ASFC goes on spending spree

By GREG ROSSER

Loosening their money belts more than just a couple of notches, the ASFC student council spent a grand total of \$12,036 during their Feb. 17 meeting.

In this unprecedented move, the council relegated \$5,000 to be used jointly with the evening council to book "big name" acts into Flint Center next year, to the tune of \$10,000 per performer.

A combined total of \$7,000 was allocated to: radio station KFJC, Foothill's new closed circuit television system, and Foothill Frolics to push the sum up to the specified \$12,000.

Receiving widespread approval among council members concerning, in particular, this new expenditure, Don MacDougall, senator, said, "I can hardly believe we spent that much money—we actually accomplished some things! The thing is, the money will be coming back; we'll be making a profit."

President Ed Lillibridge urged council members and fellow students alike to submit lists for possible entertainers to head the bills at Flint. Several possibilities were mentioned during the meeting on Feb. 24, including Jesse Colin Young, Della Reese, Waylon Jennings, and individual members of the now seperated Crosby, Stills, Nash, and Young band.

Talent to be considered will include jazz, country, folk, rhythm and blues. Reflecting the council's decision on January 27, Lillibridge reiterated that "all acts will be considered except hard rock. There will be three \$10,000 performances next year. We have a \$45,000 budget, with \$30,000 in the 'kitty.'"

Foothill's television network will be in operation next quarter, thanks to an appropriation of \$2,675 by the ASFC to purchase camera equipment, and to Stuart Roe, coordinator. Roe feels there is a need for such a

television system. A teacher at Foothill since 1964, he expressed at an earlier council meeting the desirability of a student operated television station; it would "act as a springboard for students in television," claimed Roe.

According to Roe's proposal, the station will feature "visually interesting coverage with as much excitement and variety as we are accustomed to seeing on the evening news program." College credit will be given, and students interested in participating in this venture should contact him.

\$4,000 was lent to the campus radio station KFJC, which is in need of new modulation monitors for the legal and proper operation of the station. The money will be paid back over a period of four years at 6% interest.

ASFC made available \$625 to finance the Foothill Frolics, to be held April 15 and 16. This will be an ASFC sponsored event, with (as the name implies) frolics, musical revues. Participants will include students, faculty, and staff. Anyone is welcome to share his or her talent, and Erik Jones, Vice-President of Activities, is the person to contact, with offices in C-31.

The thousands of dollars being spent by the ASFC is a reflection of the council's commitment to improve the quality of the environment at Foothill. "There's lots of ideas floating around on how to improve the campus," Lillibridge said, who mentioned projects such as solar heating for the swimming pool, and a day care center for the children of evening students. "Make a list of things to improve," he added, "and we'll see if we can get the bread."

On the Spot

By COLLEEN CASEY and RYAN ATWELL

DO YOU BELIEVE THAT THE CLOTHES A TEACHER WEARS HAS AN EFFECT ON HIS OR HER CLASS?



GLADYS PETERSEN
(Physical Education)

"I think a teacher who dresses casual makes me feel more relaxed. Last week, we had a substitute who wore a suit and a tie and he looked uptight. He made me feel uncomfortable."

MAUREEN TOBIN
"My Health 21 teacher wears a suit. It just caught my attention because he doesn't seem like the type who would wear a suit. My English teacher dresses casual. It doesn't effect me personally, I just seem to notice it."



MARK WOODLEY
(Physics)

"Personally, I would prefer a 'straight' teacher over a liberal one, for example, one who has long hair. I can't say I'd judge one over the other, but I like the way the 'straight' teachers teach."



NADINE HERZL
(Physical Education)

"One of my English teachers dresses like he was back in the '60's. To me it seems that he is trying to create an image that isn't him at all. It bothers me. It's kind of distracting for the class too. But then, if a teacher is uptight in a suit, that wouldn't be good either."



ANN BENNETT
(Science)

"All my teachers dress pretty casual. I like the way Mr. Harkins dresses. We meet in F-12 and he comes into class in a wind-breaker. It's so neat, it really matches his lectures. He looks best in string ties and his turquoise rings."



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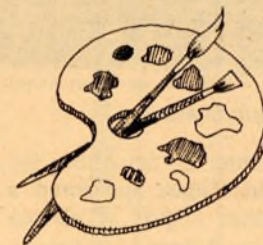
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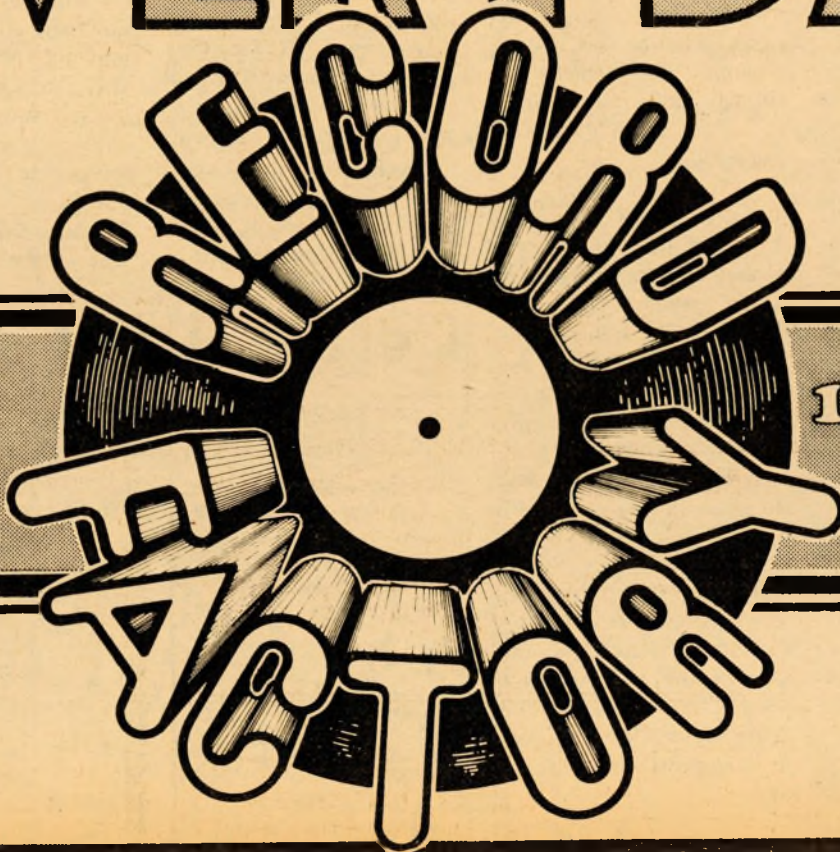
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Editor's Notebook

An energy crisis has stricken the United States with the drought in California and the freeze in the East. The energy crisis has finally caught up with the SENTINEL office.

While my hard-working editors are busily working to paste together the paper, I have been debating whether I should scrawl "Paula doesn't" over my allocated space for notes. Instead I decided I should share my feelings of listlessness with Foothillites who share my feelings, to let you know that you are not alone and that apathy strikes even the best of us.

Everyone has their bad days, but for the past two weeks nothing has seemed earth shaking or even important. I usually make the best of things when I feel listless, but it just doesn't seem to come naturally lately.

I would like to apologize to all persons who have come under my slashing tongue or my rudeness. In between the frustrations of going to class, going to work and putting out the SENTINEL, I have found my patience at an end. The quarter is almost over and the only subject I can seem to concentrate on is sleep.

Wish me good luck, I need it.

Dear readers: We are sorry for any misunderstandings that might have developed as the result of Judith Lowry's "Plant a Siberian Elm" column (Feb. 18). I was later informed that it was her class assignment. As an ornamental horticulture assignment it wasn't too bad. Also, we are sometimes short of copy, so if you would like your homework printed, submit it to our editors (smile).

Paula Williams
Editor-in-Chief

FOOTHILL PLANTS & PEOPLE

By JUDITH LOWRY

For a quick growing vine that can change in one season from an eight-inch cutting to a 30 or 40 foot mass of greenery and strikingly pretty flowers, try the passion flower vine, *Passiflora alato-caerulea*, or one of its many species.

The vine can be bought from nurseries in containers, but I came to own mine one July when somebody gave me a flower from their vine. I put it in a vase, where the flower dropped off, but since the leaves were attractive, I kept it in fresh water for several weeks.

When I finally emptied the vase, I found that the cutting had grown a healthy tangle of roots. Horticulturists frown on the practice of rooting cuttings in water, and some say that plants started from flower vine seems to be an exception. I planted the cutting in regular potting soil and

propped it up with a slender twig. I kept it in a west facing window for several months and then planted it outside. Though it was by then late fall, it began to grow, necessitating some hasty trellising. It slowed down in January but began again in March, and by the middle of the summer, it had transformed a somewhat barren bleak porch into a cool and leafy haven.

But foliage is not the sole attraction of this plant. The flowers are a delicately fragrant, intricate combination of blue, purple, and white. Their numerous parts were used by missionaries to Brazil and Mexico to represent different aspects of the crucifixion to the native peoples, who, however, had long valued the fruit of the vine as medicine and as an aphrodisiac. The fruit of *Passiflora edulis*, in particular, is supposed to be delicious. Be sure to obtain a cutting if you

should come across this species. The deep purple, fragrant, three-inch long fruits are good in beverages, fruit salad, sherbert, and yogurt.

The passion flower vine is tolerant of many soils and some neglect. Water it deeply and feed monthly during its growing season, which is most of the year in this area. It likes annual pruning, mulched roots, and is suitable for growing in containers.

Passiflora alato-caerulea is a good example of a plant that can be both edible and ornamental, and also of a plant that can move with you. If you must leave your vine, take cuttings when it is putting out new growth, which is lighter in color than the mature foliage. Rooted in water or in conventional rooting medium, this plant's ease of culture and pleasing qualities will make it worth taking with you.

Letters to the Editor, which should be submitted by Monday at 10 a.m., need to be signed by the author. Names may be withheld from print at the request of the writer, but no letter will be printed without the author's identity being known to the editor.



SENTINEL

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Turn off TV: Welcome back daughter

Editor:

To show the networks that the public will not tolerate senseless violence in TV programming many people are observing "Turn off the TV week," Feb. 27-March 5.

Our family is doing its share, and although we are yet to see what good, if any, TV-off week has brought to the nation, I am reporting significant changes in our home.

On Sunday the four of us (my husband, our two daughters and I) sat around the "card table" (an unusual sight) and not having anything else to do, since the TV was off, we discussed television, while glancing at the "box" and condemning 90% of its shows. I don't know how much of it was "if I can't have it, I'm not going to like it," but boy it felt good to find out that we were all on the same side, all four of us.

Well, things are happening here. My husband found out that his older daughter is graduat-

ing from high school this year, and that the younger one "looks a lot like his mother." He noticed my hair a bit too long for his taste, and later in the evening found my text book "Human Sexuality" (Health 21), which although "quite pornographic," had some "healthy suggestions."

Tuesday night our daughters used their time to learn how to do the dishes with the maximum water saving, while my husband and I shared the "love seat" reading the paper and making plans for the remainder of the evening.

The girls had decided to maybe have a few friends over later on, and they played the piano and guitar and sang (though no one made them do it.)

Who knows, by the end of the week our TV might be for sale, "The Mary Tyler Moore Show" is going off the air any-

Helen Shimeg
Foothill Student

VETS VOICE

By RICHARD PLAMBECK

WARNING-IF YOU DROP A COURSE WITHOUT A GOOD REASON, AND IT CHANGES YOUR ATTENDANCE STATUS, YOU MAY BE EXPECTED TO PAY BACK THE DIFFERENCE IN YOUR BENEFITS TO THE BEGINNING OF THE QUARTER. This can, in many cases, be a very sizable sum. So if you are dropping a course, or considering a drop, without a

solid, practical reason, reconsider.

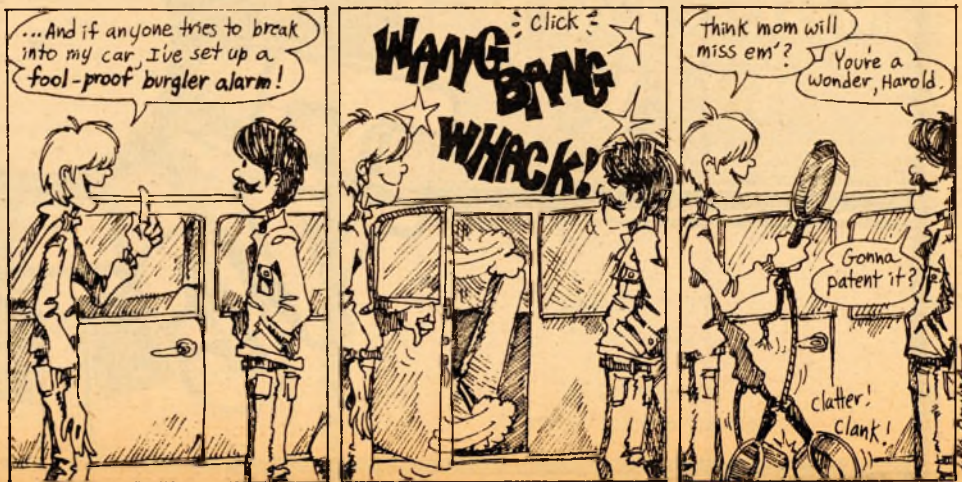
Max Cleland is now the director of the VA. Cleland, at 34, is the youngest appointee to obtain the post. Cleland is also a triple amputee, and the recipient of the bronze and silver star. Cleland is succeeding Richard Roubush.

Max Cleland is a new face in the Veterans' Ad-

ministration, and the OVA encourages you write to him with any current grievances or complaints. This is a chance for all veterans to get a break with the VA. Also, in your correspondence, if you would direct his attention to the fact you are attending a community college, his action would benefit all of us.



Lela's Last Laugh



"Kiss Me Kate"

Dapper dance

By MARTIN KOHL

Although there were times last Saturday night when the Foothill College Drama Department production of Cole Porter's musical "Kiss Me Kate" reached the level of a performance most of it sounded like a rehearsal.

Larry Souza as the male lead, Petruchia, moved about the stage as if he expected it to swallow him any second. His concern was further evinced by his speeches, which tumbled from his lips with the speed of an express train.

At one point in fact, Petruchio and Baptista, played by Armand Souza, were both talking at the same time. This, of course, may have been a ploy by director Doyne Mraz that was supposed to be covered by laughter. It wasn't.

Musically the cast was in almost constant conflict with the orchestra under the direction of Robert Farrington. Soloists and in some cases, the chorus, were drowned out by the loud, often speculative interpretations of the Cole Porter score.

There were, however, several bright spots in the show that made it worth the price of admission. Cori Burdick as Kate, managed to lift her voice over the orchestra's sounds often enough to prove that she could at least carry a tune. In addition, her acting, particularly in the scene where she attempts to fend off a spanking at the hands of Petruchio, brought life to the character and loud laughs from the audience.

David W. Wood and Andy Magarian as two gangsters who find themselves involved with a group of eccentric actors are just as hilarious as Burdick. The biggest laughs of the evening came when these two stalwarts of the underworld found themselves on a stage in front of an audience for the first time in their lives. Magarian swaggered and scowled, while Wood managed to look as if he felt naked despite the fact that he was fully clothed.

In addition to comedy, the dancing of Gala Cross, Bruce Arnot, Karen Snook, Jeff Bures, Mary Takata, and Gary Kohn, made the show a worthwhile experience. All six delivered spirited, disciplined performances, particularly in the show's opening number.

Three more performances of Kiss Me Kate are scheduled for March 3, 4, and 5 at the Foothill Theater. Tickets are \$3 and \$2.50 for those of high school age and younger.



Feliciano fabulous

Jose Feliciano flew smoothly, and with little fanfare through a tight hour and a half set last Saturday night.

A near-capacity crowd registered their approval with frequent ovations as the singer-guitarist performed a repertoire of his hits as well as those of other artists. To each song he brought his own blend of deft artistry and quiet intensity.

John Low and the Night Council deserve kudos for their smooth handling of the Feb. 26 concert.

—SALLY ROLL

Stars are born?



By NANCY STEIN

Around the world or wherever the spirits of these musicians lead them are audiences awaiting the musical talents of Jane Mathews, Diane Beveridge, Cathy Harvey, Laurel Machado and Laurie Cabot who starred in a recital Feb. 17th.

"The purpose of this applied music class is to give students the opportunity to perform in front of an audience," said Mrs. Linda Mankin, music instructor in charge.

The performers are all music majors.

Jane Mathews, a music teacher and returning student played two pieces by Schumann but has also studied folk guitar for five years, and classical guitar for a year. Folk music and Scott Joplin's ragtime are her favorite styles of music. She has transcribed "The Maple Leaf Rag" from piano over to guitar.

Before returning, she was a social studies teacher, and now she teaches guitar through adult education. "It keeps me busy every other night of the week." She concluded saying, "It was what I wanted to do and I did it."

"I've been singing since I was old enough to hold a choir book, but professionally for over a month," says soprano Diane Beveridge.

For a long time she had been singing in Presbyterian church choirs and high school choirs. Roger McRea has been her teacher at Foothill for a little over a month and she has been taking private lessons with Wilene Gunn. Singing gospel music similar to the number she sang in the recital along with opera arias are her favorite types of music. She also enjoys Bach Motets. "I love to sing Madrigal music. The singing group "The Spinners" is kind of neat too!"

Piano, organ, recorder, and Psaltery are other instruments she likes to play. The Psaltery is an instrument from Biblical times that resembles a European dulcimer. She teaches beginning piano lessons and tutors in voice. Along with this she does solos and duets at the Bethel Christian Center. "As the Lord leads me I'll be singing in West Bay Opera soon." Presently she sings in the Foothill Concert Choir.

"I plan to be a professional Choral singer. If I get the chance I may go into choral directing."

Bay Area Arts CALENDAR

THEATRE

3/4-5 READER'S THEATER . . . De Anza, Rm. A-11
7:30 p.m., \$1.

4/4-5 "KISS ME KATE" . . . Foothill College Theatre,
8 p.m., tix \$3, \$2.50.

ART

3/5 QUILTS, METAL SCULPTURE . . . Triton Museum
of Art, 1505 Warburton Ave., Santa Clara.

Thru 3/24 WATERCOLORS . . . Foothill library, free.
Thru 3/27 PAINTINGS . . . San Jose Museum of Art.

3/8 JAZZ CONCERT . . . Foothill College Theater
8 p.m., tix \$2, \$1.50.

Piano player Cathy Harvey has been studying for fifteen years. She plays a lot of popular music, but Chopin is her favorite.

Organ and harpsichord are her other two instruments along with singing in the Foothill Concert Choir.

She would like to teach, or direct choral groups. She is undecided about whether or not to work in a church or a school.

"Everyone should try it," she said. "Either that, or drama."

The violinist was Laurel Machado, who has studied for two years and spent seven or eight years playing.

Her favorite thing is doing Bach and Brahms duets. Right now she is taking beginning piano lessons.

She has played in the El Camino Youth Symphony, the Palo Alto Chamber Orchestra, and at least six other groups. She wants to pursue a career as a concert violinist. "I love it," she says.

Laurie Cabot could not be found for an interview, but altogether, the performers put together a fine program.

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COURSES BY NEWSPAPER

14. "Ships and the sailor"

J.H. PARRY, an authority on Spanish and Portuguese explorations in the New World, is Gardiner Professor of Oceanic History and Affairs at Harvard, a position he has held since he came to the United States in 1965. Born in England, he served in the Royal Navy and taught at Cambridge University and at University College of the West Indies before serving as principal of University College in Ibadan, Nigeria, and Swansea, Wales. He was also vice chancellor of the University of Wales. His many books include "The Spanish Theory of Empire," "The Age of Reconnaissance," "The Spanish Seaborne Empire," "Trade and Dominion," and "The Discovery of the Sea."

Water transport is by far the oldest method of moving men and goods about.

Most primitive societies, long before they learned to domesticate beasts of burden or to construct vehicles for use on land, discovered means of crossing water. And the character of the ships has largely determined the nature of the lives of sailors ever since.

Their ancient craft varied widely, depending on water conditions and available material. However, almost all fall into one of three broad groups: rafts, made of logs or bundles of other buoyant materials lashed together; hollowed-out logs; and basket-like frames of pliant boughs, covered with skins. All effective boats and ships derive from one or another of these basic types, or from crosses between them.

With such simple devices—still used in some areas—hunters and gatherers could cross rivers and range more widely. Fishing peoples could leave the shore to fish or to dive for mollusks. Goods for barter could be carried over short distances by laborious paddling or poling in sheltered waters.

HARNESSING THE WIND

For more ambitious travel, primitive man needed an independent propellant—the wind—and sails to use it. The earliest basic sail was probably a simple square or rectangle. From it evolved, over many centuries, the balance-lug, characteristic of the China seas, and the lateen of the northern Indian Ocean. Fore-and-aft sails were technically more sophisticated. A vital supplement to square rig, they

are European in origin and relatively modern.

Sails freed their users from dependence on human muscle. They could carry more goods, and travel farther and faster, with smaller crews. The use of sails also encouraged adaptations of the hull.

In the course of centuries, the dugout became a planked hull in which the basic log, no longer hollowed, survived as a solid keel. Rafts, by a different but analogous process, also developed into planked hulls, usually flat-bottomed, without keels, with the transverse braces surviving in the form of bulkheads. The types converged. Vessels developed from dugout origins differ from vessels in the raft tradition, as European clinker boats differ from Chinese junks, but their purpose and their effectiveness are similar.

SKY COMPASSES

Protected by planking, later by decks, the sailor could venture into the open sea, provided he could find his way. He could steer by the sky, by associating the bearing of particular stars with the direction of particular destinations, as some primitive navigators still do.

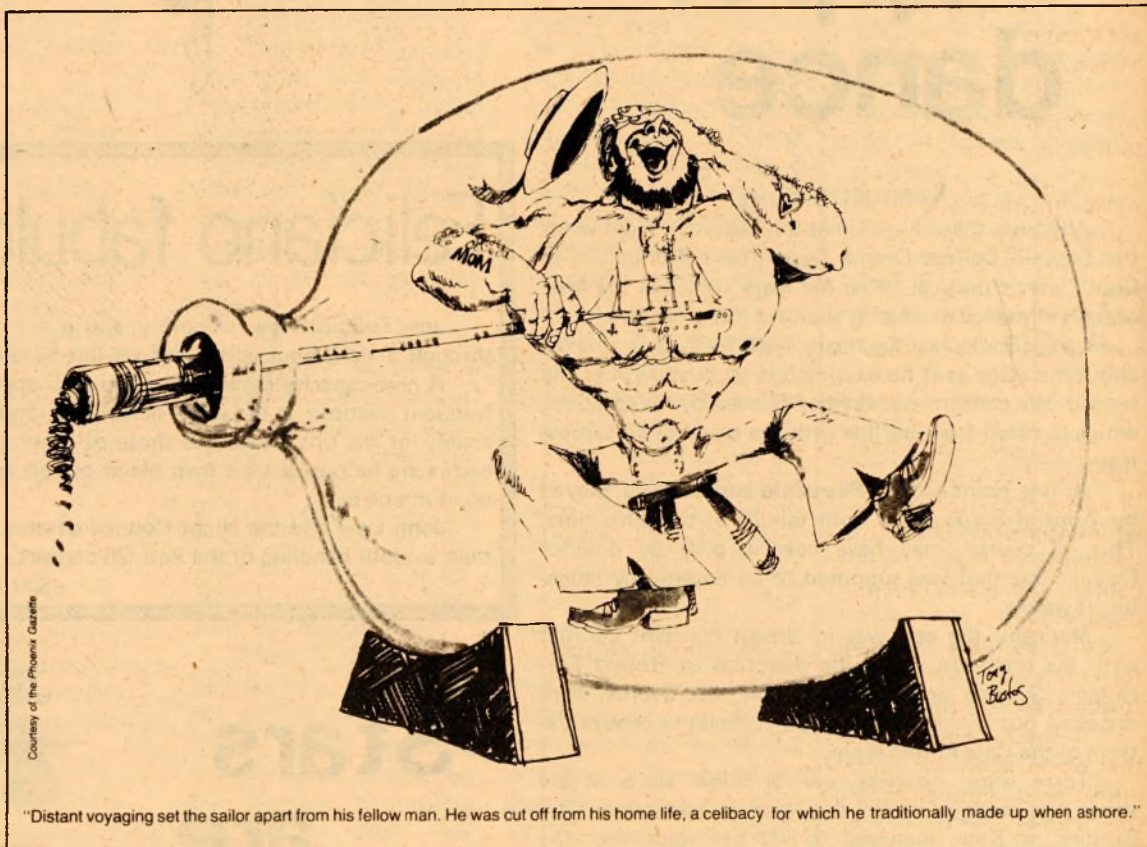
Sky "compasses," however, are imprecise, and stars are not always visible. Crude magnetic compasses came into use at sea by the 12th century A.D. in the Mediterranean, perhaps a century earlier in China. With a compass, the sailor could ordinarily navigate—except for storms—at all times of the year, but he still used the sky to find his position.

By the late 15th century, expert navigators in all the major maritime societies could measure latitude, though they had to wait three centuries more for longitude. Between those dates, the range of maritime travel steadily expanded. Already by the middle of the 16th century, European navigators had established the crucial facts that all the great seas of the world are connected and that, except in the areas of circumpolar ice, all seas are navigable.

THE UNWILLING CELIBATE

Distant voyaging set the sailor apart from his fellow man. He was cut off from home life, a celibacy for which he traditionally made up when ashore. He was closely integrated in the male society in which he worked. Ships were crowded.

In the 16th century, ships often carried a man to every two or three tons, for manhandling course and clumsy gear, and for



"Distant voyaging set the sailor apart from his fellow man. He was cut off from his home life, a celibacy for which he traditionally made up when ashore."

defense.

In the 18th and 19th centuries, technical improvements and the decline of piracy allowed a steady reduction of crews, so that—in merchant ships, at least—crowding became less severe. But even so, sailors had to develop special conventions of behavior in order to preserve amenity and self-respect in crowded conditions. They had also to accept a discipline of work, often brutal and always more demanding than would have been tolerated ashore. A ship is a tighter community, both literally and metaphorically, than a village.

Sailors until recently ran greater risks than their contemporaries ashore, not only of accident, but of disease. Wooden ships are difficult to keep dry and impossible to keep warm in winter. The scrupulous cleanliness associated with well-run ships is relatively modern.

The distempers most characteristic of life at sea were rheumatoid complaints; typhus—the dreaded "gaol fever"—carried by rats and lice; dysentery, caused by contaminated food; malaria and yellow fever, conveyed by mosquitos in tropical harbors; above all, scurvy.

Scurvy is caused by lack of vitamin C. Men fed on fresh food do not suffer from it. Until recent times the staples of ships' diet were hard biscuit and salted beef or pork, with perhaps a short-lived ration of cheese and fresh onions. After

a few weeks of such a diet the symptoms appeared: rotting gums, swollen joints, general lassitude. The diet was probably no worse than that of peasants in the winter months, and scurvy was not unknown ashore. Sailors, however, had the same diet all the year while at sea.

The value of citrus fruits as anticorbutics was known at least by the early 17th century, and a few enlightened commanders carried them, though never in sufficient quantity. It was not until the late 18th century that Captain Cook demonstrated the possibility of keeping a ship's company healthy by careful dieting, for years on end. Ways were then found of concentrating citrus juice without destroying its efficacy, so that enough could be carried for daily use. In the British Navy, general issue began in 1795. Within five years scurvy had disappeared from the fleet.

THE END OF SAIL

The industrial revolution eventually replaced wood by steel and, more gradually, sail by steam.

For a time, steel hulls and wire rigging enabled sail to hold its own. The last commercial sailing ships were often as fast as clippers, but stronger, safer, much bigger, and more economical. They were faster than most steamers, needed no bunkers, could remain longer at sea. Their weakness was in manning. They carried big crews of skilled men inured to hard conditions.

Steamers needed fewer men

and offered them more comfort: cabins, enclosed working space, latterly air-conditioned accommodations, and refrigerated food as good as, or better than, they would get ashore. As oil replaced coal, the comforts and advantages increased.

The biggest sailing ship ever built, the Preussen of Hamburg (8,000 tons deadweight), had a crew of 47. A modern tanker of 50 times that tonnage needs 20 or 30 men, of relatively limited skill, most of whom need never get wet. Seamen and ship-owners alike gradually abandoned sailing ships. The few survivors are manned by nostalgic amateurs or by naval cadets.

Sea life can still be harsh and dangerous. Few men lead harder lives than trawlermen.

In most ships, however, dangers arise mainly from human carelessness or rare mechanical failure, and the main hardships are long absences, quick turn-arounds, and boredom. Working conditions approximate those ashore.

The sailor is no longer a man set apart.

Yet the discipline, the social conventions, the language, even the superstitions of the sea persist, symbols of an ancient and exacting calling. A ship is not a factory or an office (though it may contain both).

Sea life has not wholly lost its special fascination, and there seems to be no lack of men, and women, willing to embrace it.

Foothill campus TV "on the air"

Special Projects in Broadcasting, under the direction of instructor Stuart Roe, will conduct videotape presentations for campus viewing, starting Monday, March 7.

The Closed Circuit Television Station (CCTV) will provide televised in-depth information of Foothill College activities. Included will be: ASFC coverage, sports, service information, news, entertainment and Inside Outline (an interview with instructors on the courses they teach).

CCTV was formed during the Winter quarter of 1976-77 and will be presenting its first broadcast the week of March 7-11. A monitor will be located in the Campus Center for public viewing between 11 a.m. and 2 p.m. every hour on the hour.

"This project will be come an exciting like the SENTINEL and KFJC radio in providing students with practical training in broadcast news and working with television production equipment," claimed Roe.

CCTV allows advanced Communication and Broadcasting students the chance to experiment with television while simulating professional broadcast practices.

Persons who wish to join CCTV in the Spring quarter should contact Roe in the Language Arts Division. Students interested in directing, camera operation, sound engineering, writing for TV, animation, reporting and interviewing are expected to have a background in the position applied for. Students without experience should register for Television Production or related courses. CCTV is an add-only class.

Board of Trustees candidates

(continued from page 1)

Wheat upholds fiscal integrity and autonomy for community colleges, and summarized her qualifications. "I am knowledgeable regarding curriculum, administrative management, budgetary development and collective bargaining. Equally important, I have the time, the concern and the commitment to serve you in a direct, open, and responsive way."

Like the other candidates, Wheat stresses the need for communication between community, administrators, students, and the Board.

"I would work for carefully developed priorities that would allow for expansion programs for new and unmet needs through an orderly process, always within the constraints of sound fiscal management."

ROBERT LIST

Robert List who was unable to submit a statement or appear for the League of Women Voters' Candidate Night, granted an informal interview.

List attended De Anza and graduated from Westmont College with an M.A. in Business Administration. He is presently self employed as a residential security advisor. List is an official for the Santa Clara Valley Soccer Association, referees college and high school soccer and is in constant contact with college and high school students.

List wishes to bring new ideas and procedures into the set "establishment" presently in operation. "One of my main reasons for running is that there is a lack of communication and understanding between the fifty-plus (age) Board and the student body a generation younger."

The 28-year-old candidate remembers the difficulties he encountered when transferring his credits at De Anza to a four year institution.

"One real problem is that, what Foothill does, De Anza does vice-versa." List maintains that each campus should operate on a different quarter or semester system

so that students can choose on the basis of what type of four year institution they wish to transfer to.

In regards to community involvement, the young candidate pointed out, "you can only get the community interest if there is something negative happening. Positive involvement is harder. It's a matter of being open. I'm a lot more available."

List expressed enthusiasm for the policies and ideals of Board member Shaskey. "Chasuk and the rest are working within the establishment and are pleased with what they have accomplished. It's like I'll scratch your back . . . between the administrators and the board. But Shaskey is saying 'I've been working as hard as I can but I'm frustrated!'"

Asian Cultural Night

The Asian Student Association will sponsor an Asian Cultural Night on March 4 from 6:30 p.m. until 10 p.m. at the Foothill College Campus Center.

Entertainment for the evening will include an appearance by Yokohama California (an Asian singing group), a demonstration of the Korean martial arts and several presentations of Asian music, Hawaiian and Filipino dancing, semi-classical music from East India, solo performances on Japanese and Chinese instruments and a recital of Chinese folk songs.

Dinner will be served and will include a variety of Asian foods.

Tickets for the event are \$3.50 for adults and \$2.25 for children under 10. They can be purchased at the door or in advance by contacting Vickie Taketa or Kathy Munehiro at the Multicultural Center Office.

A path to fitness

Foothill College will have its own "Physical Fitness Trail" by the Fall quarter of this year, according to Gene Hawley, instructor of physical education.

The trail (also known as a "Parcourse") will consist of a series of 18 fitness stations where specified exercises can be performed. Each station will be equipped with exercise apparatus and an instruction sign which will describe and illustrate the exercise to be performed.

As the name Parcourse implies, there is a recommended "par" or number of repetitions suggested on each sign for different "fitness levels", depending on the individual's physical condition.

According to Hawley, the Parcourse will cover two and a half miles, encircling the entire campus. "We will try to utilize the beauty of the campus," he explained, "by placing the stations near groups of trees and other obscure areas rather than next to paths where people walk."

The Physical Fitness Trail will be part of the physical education curriculum next fall and will be open to men and women students, beginners and advanced.

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Owls lose squeaker to San Jose

By STEVE TADY
Sports Editor

The Foothill College Basketball team dropped from first place in the Golden Gate Conference last week as they lost to San Jose City College in San Jose last Tuesday Feb. 22 65-62. The loss lowered the Owls league record to 10-3, one half game behind San Jose at 11-3.

Coach Jerry Cole cited foul trouble as the main problem. "We were in foul trouble right off the bat," he said. "Frank Walsh picked up three fouls in the first eight minutes," he added. Walsh eventually fouled out as did Neville Brandt and

Ralph Howe.

Cole said, "We were impatient offensively, and we did not attack their zone defense."

Neville Brandt had 14 points for Foothill and Frank Walsh managed 10 points even though he only played for about 18 minutes. Ralph Howe and Ron Sims had nine points each.

On Feb. 18th Foothill met Diablo Valley College at home and downed them 78-64. Neville Brandt led the way with 18 points and 10 rebounds as Foothill destroyed DVC on the boards 47-31. Ron Sims had 15 points while Andre Campbell and Michael Gibson contributed 12 apiece. Gibson also had 10 rebounds. Darrell Armour had 5 points and 5 assists. The Owls

outshot Diablo Valley 44 per cent to 37.

Last Friday night Foothill played Chabot College at home and turned back the Gladiators 87-75. Frank Walsh scored 22 points for Foothill and freshman Andre Campbell tallied 16 to spark the Owls. Campbell had 5 assists also.

Coach Cole said of Andre, "He is coming off the bench to spark us offensively, he can be very explosive." Cole continued, "He can be called our sixth starter. Andre is very versatile in that he can play both forward and guard for us." Being a freshman, Campbell expects to see plenty of action next year.

The two guards, Ron Sims and Darrell Armour had 15 and

12 points respectively last Friday. Both teams shot 50 per cent from the floor while Foothill maintained an 80-63 advantage at the foul line.

Another freshman, Ralph Howe has impressed Cole with his "aggressiveness." Cole said, "Ralph has been taking up the slack in both scoring and rebounding. He is improving steadily." Foothill is currently ranked tenth in the state in total defense and one reason is Michael Gibson. "He is our most consistent rebounder," says Cole.

Looking ahead to the playoffs, San Jose City only has one game left as they will draw a bye this week. They conclude their season this Friday against Chabot at home. If the Jaguars

win, they will take first place by virtue of their two previous victories over Foothill. Foothill still has to play College of San Mateo in San Mateo and then come home to face City College of San Francisco in their finale this Friday night at 8:00 p.m.

"The schedule favors San Jose," said Cole. If San Jose wins against Chabot and Foothill defeats their two final opponents then Foothill would play CCSF again in the first round of the playoffs.

Brewer wins big

Tony Brewer, wrestling "super," according to coach George Avakian, captured first place in the 167-lb division of the Northern California Tournament. Brewer now advances to the State Championships where the top 12 wrestlers from the state will compete. Heavyweight Louis Knight took fifth place in the tournament and will go to the State Championships as an alternate.

"Brewer pretty much walked through the tournament," Avakian commented. "He had only one close match and that was due to a referee's bad call."

Brewer won the finals 4-0, over an opponent who had defeated him earlier this year in the finals of another tournament.

Avakian thinks Brewer has an "excellent chance" to place in the state meet and garner All-American honors.

Knight, in his first year of wrestling, did a "pretty good job" according to Avakian. "It would have been easy for Louis to quit but he hung in there and it's paid off for him," Avakian said.

Swimmers strong

The Foothill College swim team opened its Golden Gate Conference season last Friday by literally swamping De Anza 94-19. The Wol swimmers travel to Laney this Friday and host the College of San Mateo next Tuesday, March 8.

Coach Dennis Belli feels the swimmers should be, "expected to win very easily," against Laney and the meet against San Mateo will be a "good one."

I was very satisfied with the team's performance against De Anza," Belli commented "although I was somewhat surprised by the lopsidedness of the score."

Olympian Bob Jackson, competing out of his normal events led the way by winning three events, the 500 and 100 meter free and the 200 fly. Belli also singled out Shawn Bohnert, Don Thornhill and Kelly Lynn for outstanding performances.

Bohnert garnered firsts in the 200 IM and 200 breast while Thornhill won the 100 and 200 free, the former on a judges decision.

"The divers dove really well and they could really help us in future meets," Belli enthused.

Bill Antonelli won the 1 meter diving followed by teammate Greg Stefanick. In the 3 meter event the order of finish was reversed with Stefanick capturing first and Antonelli second.

The swimmers received a boost with the addition of Tom Wright, who was at first thought to be ineligible. Wright, a two event All-American last year, gives the team, "more depth and versatility," according to Belli.

The womens swim team defeated a "pretty good" De Anza team 50-37. Sandy Pachaub and Kathy Jackson paced the team with two victories each.

Pachaub triumphed in the 100 IM and 50 fly. Jackson scored wins in the 200 free and 100 back.

"Our times were normal," Belli "but we point ourselves for later in the season."

SPRING CALENDAR

Day	Month	Date	Opponent	Location	Time
BASEBALL, Coach Al Talboy					
Sat.	March	5	Diablo Valley	Concord	11:00
Tues.	March	8	West Valley	Foothill	3:00
Thurs.	March	10	San Mateo		3:00
GOLF, Coach Jim Fairchild					
Thurs.	March	3	San Francisco	P.A. Hills	11:30
Fri.	March	4	Laney	Lake Chabot	1:00
Thurs.	March	10	Menlo	P.A. Hills	1:30
Men's TENNIS, Coach Dixie Macias					
Thurs.	March	3	California U.	Berkeley	2:30
Fri.	March	4	San Mateo	Foothill	2:30
Fri.	March	11	Chabot	Hayward	2:30
Women's SOFTBALL, Coach Barbara Schumacher					
Tues.	March	8	Canada	Redwood C.	3:00
Tues.	March	15	Hartnell	Foothill	3:00
Thurs.	March	17	Gavilan	Gilroy	3:00
TRACK, Coach Hank Ketels					
Sat.	March	5	Golden Gate Relays	West Valley	10:00
Fri.	March	11	West Valley & Diablo Val.	Diablo Valley	3:00
Fri.	March	18	San Jose & Laney	Foothill	2:30
Women's TENNIS, Coach Marlene Poletti					
Mon.	March	7	Cabrillo	Aptos	2:00
Thurs.	March	10	San Jose	San Jose	2:00
Tues.	March	15	Menlo	Menlo P.	2:00

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