



Sunny weather viewed above disappeared when long-awaited rainfall reached the Foothill Campus on Tuesday. (Photo by Barbara Gordon)

## Foothill receives accreditation

By LEE MCNEELY

Foothill College has been reaccredited "for an indefinite amount of time," by the Accrediting Commission for Community and Junior Colleges—Western Association of Schools and Colleges. The Commission has also asked the college to allow its Self-Study Report, prepared for the evaluation team, to be used as a model for other colleges.

Accreditation insures that the University of California, the State Universities and Colleges, and private four-year institutions will give Foothill transfer students full credit for their equivalent courses. It also insures that certain academic and operational standards are being met by the College.

According to the 11-member evaluation team's summary, "Foothill is a superior community college with a staff dedicated to the task of helping students learn."

The team cited "some significant changes" experienced by the College in recent years, particularly the supplementing of the academic program with more occupational and community-oriented programs. "The staff has moved the college . . . to a more balanced, comprehensive curriculum," they said. "Furthermore, they have taken the college to the community to reach those who do not come to the campus. It is the opinion of the team that these changes are commendable and that they should be continued."

The team also commended the College's "well-organized process for developing the self-study" required before an accreditation visit.

The Self-Study Report was the product of a year of extensive evaluation by the College's own students, faculty, and staff who worked on ten committees reviewing every area of College operations. Among those areas were educational programs, institutional staff, student services, continuing education, community services, library and learning resources, physical governance and administration.

On the basis of the Self-Study Report and their own three-day visit, the evaluation team made a number of specific comments and recommendations.

In the area of educational programs, the team noted that "student reports indicate wide satisfaction, even pleasure in learning." At the same time they advised that "faculty load policy be given serious study and that consideration be given to the degree to which load policy furthers student learning."

They recommended greater study of student transfer rates and performance in four-year schools, as well as implementation of a "student accountability model"—a system for following up on student progress after leaving Foothill.

Current use of community advisory committees for occupational programs was praised, as was the re-structuring of reading and writing courses to improve student standards.

The team recommended that further attention be given to "developing student competency statements for general education courses" (humanities, social sciences, science, basic skills). They also urged that "a rational for general education" be articulated.

While the college was commended for "excellent examples of efforts to improve the academic chances of disadvantaged students," it was asked by the team to give "high priority to intensify this effort."

## ASFC goes to Washington D.C.

By GREGORY ROSSER

Three Foothill students will tour the White House and visit with President Jimmy Carter next month when they attend the Eighth Annual Student's Symposium in Reston, Va., near the nation's capital.

Ed Lillibridge, Dave Fryday and Peter Klee were selected to attend the two-day conference on April 15-16 at ASFC's final Winter Quarter meeting on March 11.

The trip, which will cost \$550 per student, will be funded by ASFC.

The conference is designed especially for political science majors and will feature two high-level Cabinet members, major corporate representatives and members of the Republican party. The theme of the symposium is National Leadership and Priorities for the Third Century.

According to Jan Maltby, Senior Senator and head of the selection committee, the students were chosen to attend because "they are politically aware and involved. They are people who will bring back and share what they have experienced."

In other ASFC business, the council passed a motion submitted by Senator Kevin Donovan to hold a benefit concert for Amigos de las Americas.

Amigos annually sends hundreds of dollars worth of medical supplies to aid Latin American countries. Donovan is personally involved with Amigos and spent two months last summer administering immunizations to residents of remote Guatemalan villages.

Pam Schoeller, director of the Mass Communications Board, presented the Curriculum Committee's reports to the

council.

She said that starting next quarter the term Mini College, which applies to condensed course offerings, will be changed to Accelerated College. Mini College is misleading, according to Schoeller. The committee plans other changes, including one which will equalize the actual work load of a class with the number of units given for that class.

Schoeller cited the imbalance of work load and number of units given in science courses at Foothill as an example.

Other changes to be initiated will be a revision in radio/broadcasting courses at Foothill to make them transferrable to the University of California.

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# Utley's putrid poems

By BOB HARVARD

"You're listening to KFJC—The Fine 89—on a Friday afternoon with me, Bob Utley, bringing you a humungous G Clef from now till six o'clock."

## ASFC

(continued from page 1)

Enlarging and remodeling the broadcast studios, now located in a wing of the campus library, are additional concerns of the committee.

On May 23-24, ASFC will sponsor an Exhibition and Sale of Original and Oriental Art.

It will include a collection of antique Oriental woodblock prints, original sketchings, woodcuts and lithographs by contemporary artists.

The collection consists of 500 art objects from Japan, India, Tibet, Nepal and Thailand.

Marson Ltd., a firm specializing in buying and selling objects D'art, will present the exhibition. ASFC will receive ten per cent of the profits.

Vending machines on the Foothill campus will be removed by March 21. According to Marcia Michel, Campus Center Director, service from the present machines has been unsatisfactory.

The machines will be replaced by DePaul equipment. DePaul will provide a hostess on campus during the busiest hours to help the students with their decisions and to refund money lost in faulty machines.

Michel also reported that "we're looking into refurbishing the Campus Center lounge and we might get rid of the cubicles on the right side of the lounge. We also want to expand the boutique and the game room."

And so the second year announcer/engineer student begins four hours of furious organization in the closet-sized studio of Foothill's own FM radio station.

Starting one record, Utley tears off his headphones, sprints over to a wall of records for an album, and races back to a second turntable to choose the next cut to play. Answering the phone, he tells the caller to hold on while he dons his headphones, stops the first turntable, talks about the song and group just playing, reads an announcement, plays a public service bulletin, introduces the next song, starts the second turntable, and makes a slight volume adjustment. Now he has a few seconds to talk to the caller, while he writes down records, bulletins, and announcements played in a logbook. He hangs up and locates another album, selects a song, puts another caller on hold, reads two "putrid poems" he has collected from obscure sources, plays the entertainment calendar, introduces the next song, and picks up the phone again. For four hours Utley is ubiquitous, running the station single-handedly.

"I really dig doing this," Utley grins, "it's like a baseball game; each inning is different."

A career as an announcer/engineer demands talent and dedication. In addition to possessing speaking and reading skills and the ability to extemporize, a "d.j." needs an electronics background to operate the radio control board. On the air 20 to 30 hours a week, a jock often sells air time to sponsors or enlists underwriters during the remainder of his 40 hour week. "Free time" is consumed preparing the next show, gathering jokes and anecdotes, creating features such as Bob Utley's Putrid Poems and Show and Tell Dementia), listening to new albums, and getting information on hundreds of musicians and groups.



T.V. cameras will be frequently seen on Foothill Campus next quarter due to the introduction of the Closed Circuit Television Station (CCTV) to the mass media program. Photo by SCOTT WISEMAN

# Crime wave imminent

By GREG ROSSER

"We are going to suffer from an enormous crime wave," claimed Barbara Elisabeth Harold, spokesperson for "What to do about Senate Bill 42," when nearly 10,000 prisoners will be released from jail on and after July 1, 1977.

Speaking at a press conference on March 14 at Foothill College, Harold explained that she is a member of a "loosely, cohesive group" formed at San Jose State that wants to warn the public about SB 42.

SB 42, written by John A. Nejedly (R-Contra Costa County), is a bill which will revise the method for determining the length of a prison sentence. Under present law, a judge may not fix terms of imprisonment. SB 42 would make fixing the length of the prison term mandatory.

Under the provisions of the bill, which was signed into law on Sept. 20, 1976, by Governor, 10,000 criminals who were given undetermined sentences will be "unleashed," 3,500 of which will return to Santa Clara Valley.

"This is why I am so angry, because they won't release any information, and nobody will give me any details," Harold said, explaining that the figures she gave were obtained via a "circuitous route" through her friends and associates, but that they are "safe estimates."

"More information is being withheld from us," she said, "They don't want us to know about SB 42." Harold declined to reveal the original source of her figures, but said that in particular, the Parole Board of Santa Clara County was

very uncooperative in disclosing any information regarding SB 42.

"Our prisons and jails are full. There is no spare room to jam anybody in. But it is hen-witted to release such numbers of people, when most of them will go back to prison," Harold said.

"We want to melt ex-offenders into society with the least amount of pain," Harold said, noting that since the release of prisoners is inevitable, "some sort of halfway houses should be set up to deal with these people once they get out of prison."

"If a person is given some sort of support, some of them will make it," she said. "Right now when a prisoner is released, he's handed \$150 and a \$30 suit, and told to go out and get a room and a job somewhere."

"It would be wonderful if people would take some of these ex-offenders in, so they can get involved with family life," she added.

One problem that ex-offenders have in particular, Harold noted, is that they have a difficult time obtaining employment. "Nobody wants to hire an ex-con, they just don't do it. Some corporations do, like Lockheed, Varian, and Hewlett-Packard, but they are the exception rather than the rule."

"I'm just one voice crying out in the wilderness," Harold concluded. "I don't know what to do with the Charles Mansons of this life. I don't have any alternatives. I find it a very sad fact in life, but I wouldn't want to fight against it."

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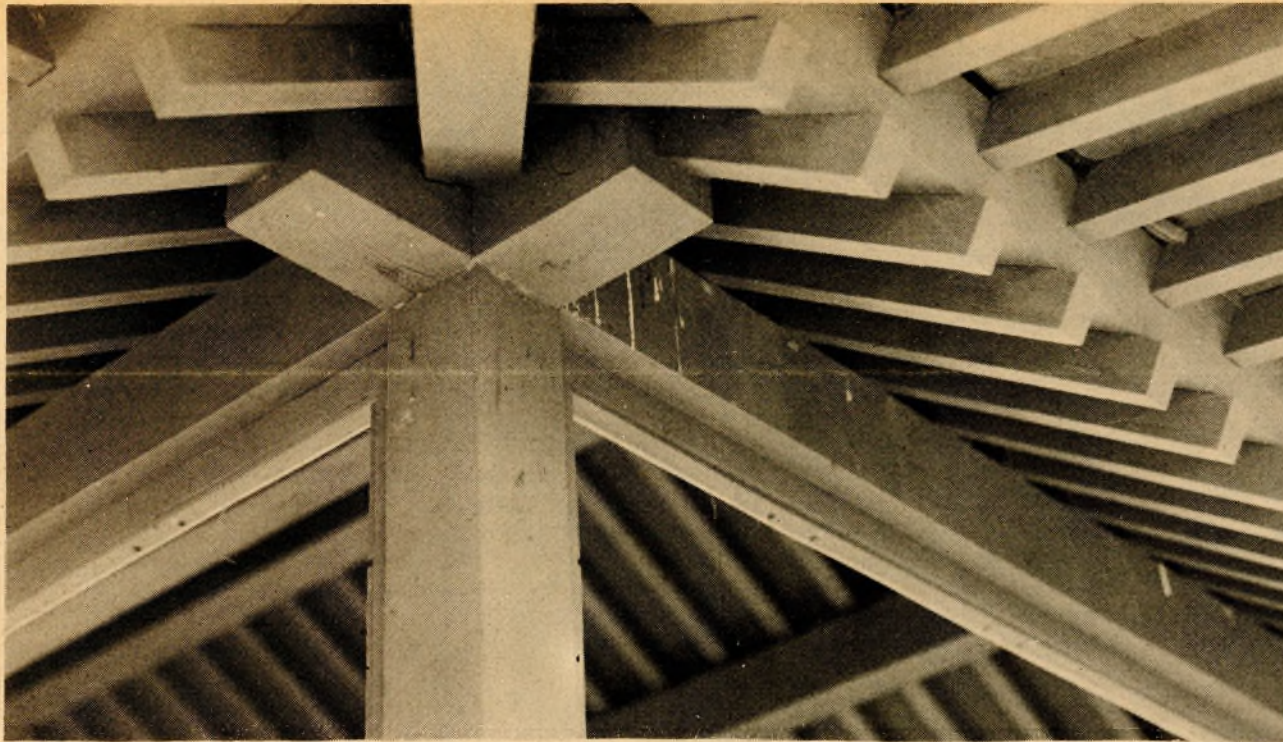
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Japanese Tea House

# Rancho Remains

PHOTO ESSAY By Barbara Gordon

*In the early 1900's two ranchos occupied the land where now Foothill College students roam. Some structures of yesteryear's Rancho La Purissima Concepcion and Rancho San Antonio remain on campus today. One such structure is the Faculty-Staff House, nestled on the side of the hill across from Parking Lot A. It is used for meetings and as a lounge. No student classes can be held there because it is not earthquake proof.*

*Another remain is the Japanese Garden located adjacent to the tennis parking lot. Several years ago the tea house and bridge were restored to their original quiet charm, and the fish pond rebuilt where once swam colorful carp. Today this Oriental garden tenaciously struggles against chronic abuse and vandalism.*



Faculty-Staff House





# Editor's Notebook



While running the last stretch of this quarter I wish everyone the best of luck when preparing for the much-dreaded finals.

Sally Roll (presently Arts Editor) will become the SENTINEL'S Editor-in-Chief next quarter. I have worked with her approximately one year and I have the utmost confidence in her competence as a writer and editor.

As for myself, I will finish my transfer requirements before attending my selected UC campus next fall.

In closing, I'd like to thank William Kinney, my economics teacher, and Joseph Gallo, my English 1B teacher for being tolerant of my frequent absences during the last few weeks of Winter Quarter.

I'd also like to thank my Constant adviser and friend, Herman Scheiding.

And finally, I thank my friends for making this all possible: Sally, Pam, Colleen, Kerry, Rick, Bob, Peter, Lela, Lee, Carol, Gregg, Mike, Barb, Zeke, Neil, Alvin, Chris, Steve, Chantal, Neva, Don, John, Jean, Ed...

# VETS VOICE



By RICHARD PLAMBECK

While things look good today, will it always be so? Not if the VA catches you playing "hooky."

Missing a class for illness or business is not a problem, but chronic absences are. Miss three classes and most instructors will drop you without notifying you. Of course, if you have informed the instructor beforehand, and arranged the situation with him, there is no problem.

The problems will arise when you see the sun shining and start thinking of anything but school. We are all given to it. But, most of us are practical enough to work around the urge for "freedom."

Missing finals are the ultimate mistake. That usually will guarantee you an NC in any subject.

Now the real trouble starts. The VA starts auditing the Office of Veterans Affairs records, and suddenly there is your name on the roster with three NC's. The auditor checks attendance records

of the three instructors and finds you've been absent two-thirds of the quarter.

What's the worst that could happen? If it's the first time, the school won't do much. But, the VA will cut off your benefits.

Before you can be reinstated, an appointment will be made for you with a psychiatric counselor in either San Jose or San Francisco. Failure to show for this appointment is a bad mark for you as the appointments are usually six to eight weeks from the date you receive them. If you are a no show, your appointment will be rescheduled for six to eight weeks from that date. If once again you do not show up, you better hang it up. You have now been without benefits for 12 to 16 weeks, or an entire quarter or semester.

When you finally get around to seeing your psychiatric counsellor, you will find him, for the most

part, insensitive to your personal problems, as he is interested in protecting the VA from being ripped off. If, by some chance, everything goes smoothly, and you are once again reinstated for the G.I. Bill, you will have to wait six to eight weeks for your first check. (You will notice that if you keep your first appointment, you will still be without a check for 12 to 16 weeks. If you missed that first appointment, you have been without a check for 18 to 22 weeks, or about a half a year.)

If you are on VA work-study, which some students at Foothill are, you have different problems. If you have not shown satisfactory progress, whatever chance you may have had for a second or subsequent contract is probably out. And while you may get your G.I. Bill back, there is no guarantee of you getting another contract.



# LETTERS TO THE EDITOR



Editor:

Regarding Don McDougall's letter of 3-11-77:

I realize that the only way a student council can survive is by student participation and I feel that others realize this also. As a returning student, I can recall days when the local college student body was so active, there was not enough time in the academic year to complete all goals! What's going on now?

Perhaps there's too much social pressure on the student to become an independent, career oriented human being. I have found very few students here who are attending college for the sake of developing their potentials. It seems, more and more, that students are here for one ultimate goal—to get a (or to get a better) job. Even the side benefits of a well rounded education are often ignored. Therefore, the student council very rarely comes to mind.

You are dealing with a mixed student body, and

this can cause you problems also. The age groups (except in Fall Quarter) are more widespread than ever before in the history of colleges (I have no facts to back this up, just a guess). The re-entry woman and the retired marine male are not really interested enough in student body activities to participate as the active students of the 60s once did. You'll find, I think, more of this age group interested in a wide variety of classroom subjects. Take a look at the overwhelming enrollment of the Enrichment Series. I attended "Lunch and Learn" and "Preview of Short Courses" last quarter and found that I was the youngest member of the two groups even tho' the subject material presented was fantastic for any person 16 years and older. I am 29.

The other problem you are probably running into is the student who works. I could not survive without my employment,

but it affords me very little time for study and/or sleep. One more activity added to my list would put me in an institution. I'm sure this is true for many.

Now that I've made many excuses for the lack of participation, I know you are just asking for ideas. It takes very little time to jot down on a slip of paper an idea—why don't the ideas come? I don't know. Maybe no one is thinking. Can't "water a tree" if there is no water. If we let the student council die we lose our system of checks and balances. I'll let you know if I come up with something. Hope others will also.

Sarah Rainey  
Foothill Student

Editor,  
Following the bold example of our "fearless" leader, I wish to thank my English 1A instructor James Mauch, my Health 21A teacher Al Rude and my journalism instructor, the right honorable Herman Scheiding for their patience regarding Paula's frequent absences from her classes and hope that her energy will be restored to study (!) for the much-dreaded finals.

Sally Roll  
Arts Editor  
Foothill SENTINEL

# Lela's Last Laugh



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.







# PAC MINI NEWS



Foothill Sentinel supplement

News about the Palo Alto Center by students of the Palo Alto Center

March 18, 1977



A student reads from her autobiography in Mary Jane Moffat's class.

## Spring classes enticing

By SALLY ELLENBERGER

Spring Quarter offerings at the Palo Alto Center reflect efforts to reach the varied interests of the community. Popular courses in art will continue as well as courses in child development and business.

Knowing the community's great interest and emphasis on children, the center is offering a number of courses in child development for parents, practitioners and teacher's aides. Classes will focus on art activities, creative dramatics, as well as establishing learning environments for children. Also of interest will be English 30—The Child in American Art, History, and Literature.

Maybe you have always wanted to write that autobiography or try your hand at newswriting and reporting. Look for Creative Writing: Autobiography—English 40A. Or Journalism 2, 21A or B.

How about your garden or houseplants—need a little help after the long

winter? Enroll in "Making Things Grow," which will be offered via videotapes and available to the student on a drop-in, self-paced basis, instead of prescheduled class hours. There will also be a number of Ornamental Horticulture classes.

The very popular "Ascent of Man" television series will be offered on videotapes on a self-study basis. This is on a drop-in basis from 7:30 a.m. to 9 p.m., Monday—Thursday, Friday, 7:30 to 5 p.m. and Saturday 8 a.m. to 5 p.m. Look for Natural Science 101.

Will you be traveling this summer? Then consider Foreign Language for Travelers. This will be offered in French, Swedish, Japanese, Greek or Spanish. Or if you plan to travel in California—how about History 10?

Early registration is advised as some classes fill up early and are closed to further registration before the first class meeting. The first day of class is April 4.

## Moffat uses diversity

By STACEY MOSS

stole into Mary Jane Moffat's autobiography class and took a seat in the back of the room at the end of class. When she dismissed them, the students did not quickly gather together their belongings and rush out the door. They broke up into groups, talking with animation and open affection. This sense of community impressed me most about English 40A, Creative Writing: Autobiography.

At the center of this community was its leader, Mary Jane Moffat. As one of the many students turned away from this overflowing class, I wanted to know more about this teacher. I also wanted to know what accounted for the attraction of her exceptionally popular class.

Mary Jane Moffat's warmth and genuineness immediately struck me. We discussed how she came to teach this course. After teaching fiction at Stanford, she taught a course in women's diaries for UCSC Extension. It became clear as we talked that this feminist, wife, mother, editor, teacher, is a person who greatly cares about people realizing their potential.

To this end, she strongly believes in the value of keeping a journal. Moffat sees the journal as "a protean form." Journals mean different things to different people. *Revelations: Diaries of Women*, which she co-edited with writer Charlotte Painter, makes a convincing case for the diary as a legitimate literary form.

How does Mary Jane Moffat incorporate something so personal into the public classroom situation? First, she nurtures a feeling of goodwill—that sense of community that even I, a stranger, immediately felt upon entering her classroom.

Secondly, the students keep two journals: one private, one public. The latter, derived from the first, consists of sections rewritten as autobiography for the class assignments. Moffat then criticizes the assignments in terms of helping the students improve their writing.

Thirdly, Moffat states the single requirement of both journals is honesty.

## Autobiography Tunnel Vision

By GEORGE WELLS

The Connaught tunnel is on the main line of the Canadian Pacific Railway, in the Rocky Mountains of British Columbia, between Revelstoke and Golden.

It was extremely difficult to keep the line open during the winter in the Rogers Pass area, as the avalanches roared off the mountain peaks on both sides, burying the line, and sometimes the trains, under fifty feet of hard packed snow. So the tunnel was built—punching five miles through the base of a mountain range. The tunnel is almost straight—standing against one wall in the middle you can see both tiny portals, seemingly hovering in the air. There is a double track, with a slight up-grade from east to west.

In 1927 the railroad officials decided to replace the existing rails through the tunnel with a heavier gauge, and although I was just sixteen at the time, I managed, through a friend in the Revelstoke offices, to land the job of timekeeper on the extra-gang that was to do the work.

I was dropped from the train on a cold siding at the east end of the tunnel on the 24th of October.

As the tunnel was five miles long,

(continued on page 4)



Art and craft classes will be offered day and night (and Saturdays).

## Name the news, win prize

By NONIE SPARKS

Foothill Palo Alto Center will have its very own newspaper starting Spring Quarter. Suggest a name for this paper and you may win a fabulous prize.

First prize is a copy of *Revelations—Diaries of Women* edited by Mary Jane Moffat and Charlotte Painter. Moffat teaches autobiography at the Palo Alto Center.

Second prize is a free cup of coffee.

Entries should be addressed to Ann Connor and left with a secretary at the Palo Alto Center. The deadline is March 18.

Here are a few name ideas; maybe one will spark you to come up with the winner: Palo Alto Mini News; The P.A. System; The Alto Section; Views from the Tall Tree; and the Lytton Avenue Voyeur.

The newspaper will be put out by Ann Connor's journalism students. Connor, who had world-wide experience as a newspaper woman and editor before joining the Foothill English staff, is offering several journalism courses, all of which meet at 1:30 on Tuesdays and Thursdays in room 3 at the Palo Alto Center.

There will be two courses in news-writing and reporting: Journalism 21A, four units, from 1:30 to 4:20; and Journalism 21B, three units, from 1:30 to 3:20.

Editorial Board (Journalism 60, two units) and Newspaper Reporting Staff (Journalism 61, two units) will both meet from 1:30 to 2:50 with an additional hour and a half to be arranged.



# Unicorns: pleasure players

By MARY E. KISNER

The Unicorns of Palo Alto are musician-volunteers who like the big band music of the 30's and 40's. I'm the pianist.

Since 1959 the band has been playing for churches in this area, and other charitable organizations for fund raising events.

It all started at the Palo Alto Unitarian Church when the choir planned a fund-raising dance. Betty Tasker, Unicorn manager for 18 years, suggested starting our own band. The Unicorn Dance Band (yes! Unitarian cornballs) was born.

The call went out and six responded: Unitarian minister Dan Lion, trumpet; George Jansen, president of Board of Trustees, leader and saxophone; Fred Achelis, saxophone; Betty Tasker, trumpet; Chuck Connelly, drum; and Mary Kisner, piano. We had a small book of well-known numbers. If we'd had a recording machine there, I feel sure the Unicorns would have died an early natural death.

However, we were having fun rehearsing twice a week, and gradually added members. We found yellowed manuscripts from college days to add to our music library. And we played for church dances occasionally.

The word got around the Unicorns liked to play, no charge, and we began getting outside jobs. During the 60's Betty performed the Herculean task of filling out the 16 to 18 spots in the band each time we got a job. By 1970 we had a solid core of faithfuls, all from outside the church, except for two or three.

George Jansen was our director for a few years. Fred Achelis took over until 1969, when George West became our present leader.

We have had many amusing experiences along the way. One time the Red Cross sold 200 tickets for a fund-raising event to their loyal ladies. But more people were in the band than on the dance floor!



Charles Konigsberg (here with student) will teach three ornamental horticulture classes at the PAC. A fourth O.H. class will be "self-paced," taught with tapes.

## Autobiography

# Books were sacred

By ROMA BLOOM

Beyond the beds, tables, stove and other physical necessities of living, the most important furniture in our house was the bookcase. When I was a child we had two bookcases in the living room of our three room apartment. They were dark, shiny walnut and very utilitarian. Each of the four shelves had glass doors that slid upwards somewhat like a rolltop desk. These were to prevent the collection of dust.

Books were sacred. Dog ears were like hurting a friend.

In my first year of college I had great difficulty allowing myself to underline and comment on the margins of textbooks. Our books at home were never marked and in public schools and libraries

the books did not belong to you so you respected other people's rights and did not mar them. (Besides, you were fined if you did.)

My father loved beautiful books. He really could not afford many, but there were some with soft, fine leather bindings. *Moll Flanders*, *Candide*, *The Arabian Nights* were a few. But I must admit that he never bought a book just for the binding. Books were to be read. None were forbidden to his children. He disapproved of censorship at any level. I can still hear him saying, "A book never made anyone bad. If there is something in a book that could harm you, you won't understand it. If you do understand it the harm has already been done.

# Connor mixes careers

By MARGARET CHRISTIANS

Ann Connor has had two interesting careers. The first was as a newspaper woman, working on major newspapers and magazines. Her current career is teaching journalism and English at Foothill College, including a class at Palo Alto Center to which she brings her tremendous enthusiasm for newspaper work.

Ann has had much and varied experience as a newspaper reporter. One of five children, she was early in life encouraged to be self-sufficient, and she published her first neighborhood newspaper when she was 10. Later she was editor of her high school paper, so she was "ready," at 17, to seek her first job on a big city paper.

She applied for a job on the *Kansas City Star* but the city editor declined. She tried again, and again was refused. To prove her ability, she went out and interviewed a man doing sand sculptures in front of a local store, wrote the story, and handed it to the editor. Nothing happened for several days, and then came a stroke of luck for Ann. The man she had interviewed was arrested for operating without a license. The editor remembered her story, stuck in the back of his desk drawer, and the account of the arrest, together with her story, appeared on the front page of the paper.

That did it. For the third time she went to the editor and this time she had a good argument. "I told him that if my story was good enough to be on the front page, I was good enough to work on the paper," she recalls. She was hired.

Her first job was as "copy boy" but she soon became a reporter and covered all beats: courts, police, music, etc. Unfortunately, the assistant city editor, under whom she worked, was "a male chauvinist" who resented her being there as a reporter, and gave her the most undesirable assignments. She was sent to cover a hanging suicide, "a macabre sight for even a hardened reporter." She was ordered to inform a family of the death of their only son.

"It was then I learned an important lesson from the city editor," she says. "He advised me not to cry in the city room." She later learned that females in male dominated fields are frequently "harrassed" until they prove their competence.

While working on the *Star* she attended the University of Kansas City at night for four years. On the advice of the city editor she majored in political science and history rather than journalism. She was getting her education in journalism on the job.

Her next job was in Washington, D.C., doing political reporting for a news bureau. During this period she attended George Washington University at night for two years. She became disenchanted with politics and moved to San Francisco where she went to work on the *Chronicle*. After that she free-lanced in Europe for a year, then returned to Washington, D.C., where she got a job on the *Evening Star*.

She married and moved to New York where she did public relations work and then worked for *Time* magazine. She also had a baby daughter. As her husband



Ann Connor

moved frequently, she had many newspaper jobs over the next few years. When they lived in Cleveland she was managing editor of *TV Guide*. "I was fortunate to be able to find jobs wherever we went," she says. "I really wanted to work."

She and her husband moved to the San Francisco area and settled in Mill Valley, where their second daughter was born. Ann started a weekly newspaper, the *Mill Valley Review*, which largely dealt with environmental issues. She (and friends) published the *Review* for three years.

About this time she and her husband divorced, and Ann started thinking about what she wanted to do next. She went back to school at San Francisco State, entered the creative writing program, and started writing fiction. She was offered a teaching fellowship when she started working on her master's degree in English. She then taught journalism at San Jose State for a year and finished her master's program in June, 1965.

In September of 1965 Ann started her current job at Foothill College. "I like newspapers and I like teaching," she says. "I certainly wouldn't like a desk job. I like being out and relating to people."

Ann is also involved in programs for education of seniors and in affirmative action programs for women. Her hobbies are working on a novel, gardening, and reading. Her three daughters (one a foster child) no longer live at home, but she has three cats and a dog to keep her busy.

She would like to start a publishing house for first novels, while continuing her teaching career. She was co-founder and is co-director of the Creative Writing Conference held annually at Foothill. She is looking forward to this year's conference, the third, which will be held June 22-29.

Ann is happy about her current work. "I like teaching creative writing and English, as well as journalism," she says. "News reporting is just taking in information of all kinds and writing it up quickly. I wanted this change—I feel comfortable teaching. I was lucky to be able to change careers."



# Community College serves

By SALLY ELLENBERGER

"Community colleges should continue to serve all the people in the area. Just because you are over 20 or have a degree, you don't stop learning," stated Ron Nelson, Associate Dean for Continuing Education, Off-Campus Program for Foothill College, in a recent interview.

Nelson had this philosophy in mind when early plans were made for classes in Palo Alto. However, the scattered arrangement for classrooms—in church basements, the Cultural Center—was making it difficult to meet the needs of the community in course offerings.

An advisory committee consisting of local citizens and educators from Palo Alto and Foothill College was formed to find a permanent off-campus site in Palo Alto and chart its educational direction. It would offer a variety of courses in the humanities as well as those to improve your life style and job situation.

When the search for a suitable building began, "I literally walked the streets of Palo Alto," stated Nelson, "looking for a site with the space, con-

venience and parking needed. We knew from previous enrollment the downtown area would be most convenient."

The present building was located and the entire upstairs completely remodeled into the center you see today. A three week delay in the completion of the remodeling did not dampen the enthusiasm of the organizers. "Maybe I added 5000 grey hairs," said Nelson, "but we adjusted the length of class meetings and were able to open in October with over 1200 students registering for classes.

The large turnout and response to the center brought the early appointment of Bernadine Fong, Assistant Dean in charge of the Palo Alto Center. Among her many duties, Fong will be going into the community to find what needs and interests can be met through the center. All segments of the community from senior organizations, business corporations, banks and community agencies will be contacted so as to better serve the area.

## Sidewalk Interviews

By MARGARET CHRISTIANS

The reaction of Palo Alto residents to the Foothill College Palo Alto Center is on the whole favorable, according to a University Avenue sampling by a PAC journalism student.

Although most of the people interviewed had not heard of the Center, they expressed approval and support when informed of its function and purpose.

"I think it is a good idea," said Terry Snyder. "More people are getting involved, there is more education. I think people in Palo Alto would have a positive attitude toward it."

Mildred Hardy, who said she and her husband had just celebrated their 50th wedding anniversary, was very much in favor of the idea. "Older people need diversion," she said.

Helen Anderson said her children had attended some Center classes in churches in Palo Alto. She thought the convenience of the Center is helpful to young people who work.

Billy Eppenger also thought it was a good thing. "Any convenience is good," he said. He said he drives a bus in the daytime, but would like to attend a class in woodworking at night, if one was offered at the Palo Alto Center.



Bernadine Fong

## Fong looks to P. A.

The recent appointment of Bernadine Chuck Fong as Assistant Dean in charge of the Palo Alto Center brings a highly interesting and responsive individual back to her childhood "roots."

Fong is no stranger to Palo Alto as she attended local elementary schools and graduated from Palo Alto High School before going on to Stanford University. In fact, her great interest in child development began in her teens as a playground director for the Palo Alto Recreation Department.

Following this interest she was graduated from Stanford with a B.A. in Psychology and then earned a Masters in Child Development. In the years to follow she taught at Bing Nursery School and was school Psychologist for the Montrosorri Pre-School at College of Notre Dame. She has been a research assistant in child development at Stanford Medical School and later a research assistant in Gerontology for the American Institute for Research.

Her teaching in psychology and Child Development has been at City College, San Francisco, Ventura College and Foothill College. More recently she developed the Human Growth and Development Program for E.T.S.

Fong found her position last year as President of the Faculty Senate at Foothill College excellent training in administration, as she dealt with a variety of people in different fields of education.

Fong feels the community has been "most receptive" to the arrival of a new campus and seem eager to contribute ideas. As Assistant Dean, she will go into the community to contact as many people and organizations as possible to enable her to present courses which reflect the interests of the community.

With all her many responsibilities she has still found time to publish a study for *Child Development and Personality*, by Mussen, Conger and Kagan, a text used in Psych 14. She is presently working on a textbook on child development to be published in the near future.

# Secretaries make PAC go round

By NONIE SPARKS

The friendly face or voice of one of the secretaries is the first contact most students have with the Foothill Palo Alto Center.

They are the support personnel who make the center possible. The faculty comes and goes. Bernadine Fong, assistant dean in charge of the center, is often out meeting with community or main campus leaders. But you can always find a secretary to answer your questions.

Lu Kromer, the blonde at the desk to the left as you enter, works days. On her desk you may sometimes see the Intensive Journal which she is keeping for Psychology 33, Personal and Social Adjustment.

"I needed a psychology course for my business degree," Kromer said, "and Psych 33 was the only one offered during my lunch break."

Kromer grew up in Oregon near Portland and Salem. She attended Mt.

Hood Community College, and moved to the Bay area a year ago. She is married and has a son and daughter in kindergarten and second grade at Serra School in Sunnyvale. She solves the parking problem by leaving her car in an unmarked zone on Bryant Street.

Kromer, who worked in the Foothill off-campus office before moving to the center in late December, said the students here are less likely to be looking for an academic goal. They want art classes or autobiography. There are more older students, and transportation seems to be the main factor in their choosing this campus.

Mary Ellen Buckley, whose desk is opposite the door as you enter, is on personal leave until April 1. She lives with her husband and two young children in Cupertino.

Buckley's replacement is brown-haired Janice Hall, San Jose State anthropology major. She works from 1 p.m. to 9, and sits at the desk near the door when Lu is gone.

Hall has lived in this area since she was three years old. She is also taking one course at the center: Music 7, which consists of take-home cassettes. Her four-year-old daughter stays at the Foothill Child Care Center.

Rita Cortez, a full time student at the main Foothill campus, works on Tuesdays and Thursdays from 10:30 to 3:45. She hasn't decided on a major yet. This quarter she is taking Sociology 1, Health 21, Speech 2 and Art 4a, a drawing class.

Cortez was born in San Francisco and has always lived in the Bay Area. She found the job through the financial aid office.



PAC secretary Mary Ellen Buckley helps Ezekiel Wilkerson register.



# Students older

By NONIE SPARKS

Joe, a pioneer in the health-welfare field, is taking Mary Jane Moffatt's autobiography class at the Foothill Palo Alto Center this quarter. He wants to leave his genealogy and history as a legacy for his grandchildren.

Mary, retired from two careers, is studying journalism as a way to focus her writing.

Joe, Mary, and many other older persons now attending the Palo Alto Center are evidence that a community college can be responsive to the changing needs of the population it serves. Over 10 percent of Foothill's total fall enrollment (17,098) were students over 55 years of age. At the PAC, the percentage is higher.

Foothill College started with a two-year academic program for students who intended to go on to other colleges, and two-year vocational programs. The students were young. More recently the

"re-entry" women, cultural minorities. Off-campus classes and satellite campuses intend to meet a variety of community needs.

Started in the fall of 1976, the Palo Alto Center is part of Foothill's attempt to improve the quality of life for the community's growing segment of retired persons.

"Palo Alto has 8500 persons over 60, 14 percent of the total population," said Ann Connor, a teacher who researched and planned the older student program. "By 1985, 23 percent of the total population will be over 60."

"The community serves the aged in many ways: public housing, meals, counseling, and a senior day care center. Foothill hopes to enrich the lives of older persons by broadening their horizons, fostering friendships, stimulating their brains, and bringing them into contact with younger persons."



Classes at Oak Creek Apts. and other off-campus sites attract seniors.

## Book Review

# "Passages" treats all ages

By SALLY ELLENBERGER

*PASSAGES: Predictable Crises of Adult Life* by Gail Sheehy

The efforts of three years of careful, sensitive research by Gail Sheehy has produced a powerful, provocative and most readable chronicle on adult development from 18 to 50.

The years from birth thru adolescence have been exhaustively charted for years by child development authorities, but never has anyone discussed the possibility that adulthood has similar stages and crises, as well as being a time of growth.

Sheehy, an author well-known for investigative reporting, drew from 115 "in-depth" interviews and extensive research to gain insight and background for her book *Passages*. Her journalistic style makes it easy reading.

Her three goals when starting the book were: "to locate the personality changes common to each stage of life; to compare the developmental rhythms of men and women; and to examine the crises that couples can anticipate." She succeeds in this assignment.

The beginning chapter, *Madness and Method*, sensitively describes a traumatic

event in her own life that caused a "breakdown of nerve" and an inability to confront the fact of her own mortality. From there to the closing chapter on *Renewal*, one is taken on a voyage of highs and lows—seeing oneself as well as the internal and external forces that shape our lives and the sometimes agonizing consequences.

The book is divided into seven sections with topical and enticing titles: *Mysteries of the Life Cycle*; *Pulling up Roots*; *The Trying Twenties*; *Passage to the Thirties*; *But I'm Unique*; and *Deadline Decade and Renewal*.

*Passages* offers something for students, homemakers, career women and men of all ages. Sheehy's research is so well documented that you will find yourself deeply absorbed in the footnotes and wanting to know more. This is not a book to be consumed in several days or even a week, but rather to be nibbled on and digested thoroughly a little at a time.

A must for all who are in the time of life called adulthood—those just beginning as well as those in the middle years and those moving on into the retirement passage of life.

.....  
*Mary Jane Moffatt is a prose writer whose first poem was written for students in her Creative Writing: Autobiography class. She consented to its publication.*

## TO MY STUDENTS IN AUTOBIOGRAPHY

By Mary Jane Moffatt

You say  
 there is more life  
 than can be told  
 in the space allowed.

In this form  
 first things need not come  
 first. If in life  
 the river always falls  
 downhill from its source,  
 the story of this river  
 follows no such crazy law.

There is no north and south here.

2

Putting off your cartographic chores,  
 last week, cocky, you climbed the fig tree  
 to prune inconsequential limbs before  
 your seventy-eighth spring, and fell  
 branch by branch, from crotch to ground into a  
 hot summer of words.

Begin with your bruises.

.....  
 One of my duties was to pick up the checks on payday at the west portal and pay the men at the end of the day at the east portal. After being dropped off and picking up the payroll, I realized that I didn't have any transportation back—or even a flashlight. With the confidence of youth I decided to walk through the tunnel in the dark. After all it was straight, so it shouldn't be any problem. I soon found out why a lost person walks in circles. I would start in the center of the rails, and will myself to walk in a straight line, but before long I would fall over one of the rails. My progress became more tentative as I tried to save myself

3  
 The high Wisconsin bluff  
 where you knelt  
 above the sleeping lake  
 of childhood: you could not see  
 your own house hidden beneath  
 the pines or steeples, or imagine  
 yourself down there on those small streets.

The lake was bigger because  
 you could see so much more of it.  
 You looked across to the Minnesota side  
 and wondered if there wasn't someone  
 over there, feeling this wind.

Find the word for Minnesota.

## Tunnel Vision

(continued from page 1)

there was a large fan-house at the west portal to blow the smoke through. A heavy coal burning wheat freight from the east would take about twenty minutes from portal to portal, and almost as long to clear the smoke, so there were long periods of inactivity for the workmen. At this time they would sit against the tunnel wall. As the engine passed it was advisable to hold a handkerchief over the nose, as there was a very heavy concentration of gasses from the smoke-stack.

Huge granite blocks threatened from the side of the tracks, and the rocky peaks seemed to press down through the half-light of dawn, as we assembled by two large hand operated speeders loaded with equipment. They started off, with the rest of us walking in a straggling line. At the tunnel entrance the men began to lay the new steel—picking up the thirty nine foot lengths with tongs, walking them into place and spiking them down.

We advanced rapidly; the hissing arc-lights that were mounted on one of the speeders making a pool in the darkness, as the men moved with precision at the lifting, placing, and spiking. Then they suddenly threw down their tools, ran forward, lifted the two speeders to the side of the track, and disappeared as if by magic. I heard a pounding roar from the tunnel mouth, and ran quickly to sit with the others along the wall. The engine's searchlight probed the darkness, and lighted the edges of the smoke that crashed against the roof, then rolled and billowed down the walls. I had a moment of panic, and an overpowering urge to run, but realized that I could never outrun this monster. The din was deafening, and I quickly covered my nose as I was enveloped in swirling blackness. The rumbling and clanking of the freight seemed to go on forever, as I sat as quietly as a hare in the bracken. Finally the smell of smoke was almost gone, and with shouts and orders the ballet of lifting, placing, and spiking, began once again.

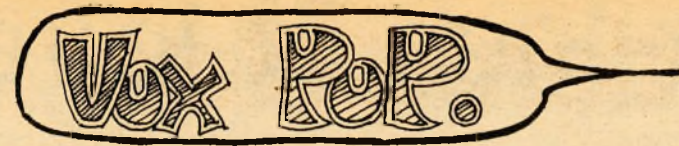
.....  
 from painful falls. If I went back I would be in the same situation as before, so I had to continue. I realized that I would never make the trip without some kind of help, so I got down on my hands and knees next to the wall and crawled along until I was lucky enough to find a short stick. By dragging this along the rail I was able to walk the rest of the way without any trouble.

Our gang was increased to seventy four men and the work continued rapidly. However after ten days, with the job not yet completed, for reasons unknown to any of us, we were all laid off.



# Public forum

## For Dr. M. L. King



For Dr. M.L. King  
The window at the top of the stairs, spotted by rain, mud, city dirt streaked bright by sunlight—a very dark complexioned, solemn young man silhouetted by its glare—bare chested sweat beading and dropping, sliding down his face, neck, chest, arms and around brown hands making the Russian sub-machine gun slippery in his grip. He put it down—leaned it against the thin frame and wall of the Hotel Saigon across from the main hospital—

hotel stairs—stopping at each landing momentarily—pausing and gauging his camera. He wanted a high shot—photograph of this—he thought—fire fight—a small skirmish for the folks at home. He came—wet and winded to the top floor landing—a door was open—a window directly ahead—a Black soldier with a gun cradled across his strong arms glanced at him, then back out at the explosions in the street outside. A small tape recorder screamed the Jimi Hendrix Star Spangled Banner in a jazzed theme, it was strange yet beautiful—no eerie—it ended—a pause of silence in the room. The White American newspaper reporter spoke quickly.

above it one could see the huge red cross painted on its roof for protection under international war rules. Four corners of the hospital roof top were sand bagged to secure positions for machine guns and mortar replacements, soldiers of the South Vietnam rangers moved about cautiously—wincing at the distant rumble of heavy bombers—bombing an outlying village into rubble—knew they were breaking the rules of the hospital's neutrality and felt the ground—the roof top vibrate beneath their feet. They glanced across the narrow alley that separated the hospital from the hotel and saw the bare-chested American soldier at the upper window who

played his small portable tape recorder practically every day now at dusk for almost a year—or was it more—no one seemed to remember as they spoke among themselves. First there would be strange American music—someone said it was an anthem—others argued, from boredom, that it was a type of jazz—but no matter in a few minutes a man of strange accent and tone would begin speaking and all would try to understand and some guessed that it was one of *their* strange men—a leader perhaps. The sun went behind a distant horizon and the air cooled. The light of day became reddish orange from the haze over the city. No one heard the

first attack—only saw the white tracers mark the dark evening with white chalk like marks. Then all heard the woosh of a mortar. Minor reddish white blooms of fire ap-

“Can I photograph you—like that—yes, holding the—” A chatter of small arms tore out the window—glass exploded inward—the smell of blood in his nostrils—he saw the Black man’s face and arms spray blood—saw the dark face and arms lean out the window murderously shake and fire his Russian sub machine gun like a water hose. The tape recorder hissing as thousands of people applauded in the background, somewhere—before.

“I have a dream” it—this voice said.

A rocket landed—dead center in the huge painted red cross of the hospital as the reporter clicked his camera—next door—across the street—And *all* disappeared at the end of the flash.

I had a dream.  
Ciao.

Stanley Mount  
Foothill Staff Member  
(An excerpt from his unpublished novel, “But Not in Vain.”)

### FESTAC PROGRAM

Foothill FESTEAC '77 participants invite the public to attend a special program and share their African experience, Friday March 18, in Appreciation Hall, Foothill. Admission is free.

## To the editor:

Dear Editor no 487-87-3463

Joining in on the misplaced spirit of thanksgiving in the month of March, I would like to thank my English teachers James Mauch, James Quinn, and Mark Hawkins for improving my writing in order to make this message possible.

I want to thank my other teachers, Bill Kinney, Herm Scheiding, and Jack Parks. I'd also like to thank my brothers and friends: Dan, Jim, Sean, Chris, Rich, John, Sally, Cindy, Paula, Lela, Michael, Peter, Carol, Bob, Lee, Katie, Linda, Earl, Steve...

Special thanks goes to Al Rude for brightening up otherwise dull Wednesdays pasting up copy for the newspaper. We always go back to the SENTINEL office and retell his Health 21 jokes. (At two o'clock in the morning, anything sounds funny—just kidding, sir!)

By the time you read this, I will probably have dropped out of my classes and possibly out of this world. If so... I'll be sure to put a good word in for all of you up (or down) there.

Casey, Colleen  
no. 354-98-5848



By  
KATHY  
RUSSELL



I took a trip into nostalgia this week! I have found the ultimate reminiscence—old magazines. I don't mean office old, six months old is merely stale. SATURDAY EVENING POST from the year of your birth is old—TIME and VOGUE from the year that you turned ten are nostalgic.

Remember when skirts were brand new and shocking? When Elvis Presley was barred from TV because of excessive “pelvic grind”? When Kennedy was elected President or for that matter do you recall Nixon's election?

It rather puts today in perspective. A magazine is not a novel or an essay, but a living chronical or

its time. All the hopes and aspirations are stated in its pages—right there in black and white and color—exactly as someone saw them and read them and felt them, ten, twenty or thirty years ago. A novel only supposes how people felt. The magazine expresses it as it really was seen on that day during that week when it

was printed.

Chose your favorite aspect of society, be it food or war, politics or fashion and follow its progression through the years. I hope that your trip is as good as mine was.

Note in passing, the library hours for the weekend before exams are Saturday 10 a.m.—6 p.m. Sunday 1 p.m.—9 p.m.

## FESTAC reflections

By NAIWU  
(Lumas Kendrick Jr.)

As a Foothill student I feel I must share my experience with the students who weren't able to go to FESTAC '77, however before I begin I must stress the point that I feel that no words can accurately describe the sensations of seeing, hearing, touching, smelling and feeling all the things that our group experienced in Africa.

When I first heard of Foothill's FESTAC '77 program last June I thought, “That sounds interesting. I think I'll check it out.” Little did I know that it would culminate into the most exciting, and education experience

of my life.

On Jan. 13, 1977, after many months of preparation, fund raising, and growing anticipation, our group of 22 Foothill students boarded the American Airlines DC-10 enroute to New York and from there to Lagos, Nigeria. FESTAC '77 was finally a reality.

During our stay in Lagos we attended FESTAC, the second world Black and African Festival of Arts and Culture, where we saw literally the entire Black world represented in music, dance, drama, and many other cultural aspects including politics. From Nigeria we traveled to Ghana where we visited Kumasi,

the seat of the Ashanti Kingdom. We attended classes on African history, politics, music, dance, and literature at the University of Ghana at Legon. Our final stop in Africa was Dakar Senegal where we visited Goree Island, a former slave castle that housed Africans being sent to the New World as slaves during the slave trade.

The thing that impressed me most was the warm reception and hospitality shown our group in each country that we visited. We were treated with the utmost respect. I found the People of Africa generally friendly. Africa is culturally more diverse than I had imagined with many different languages, traditions

and beliefs.

Of the entire experience, the thing that distressed me most was the lack of publicity that FESTAC '77 received here in America. There were over 100,000 participants in the Festival representing well over 75 countries. I feel that it should have received far more publicity than it actually did.

A special thanks should go to Foothill College for making such an educational, enriching experience possible for students like myself who could not afford to go otherwise.

No amount of reading textbooks, viewing films, or listening to lectures could equal the experience of being there live!

## SENTINEL

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# For Irish lit lovers

By ERIK JONES

"When I found Ireland I knew I had discovered what I had always been searching for," said English Professor William Walker at a recent press conference.

He declared that he is fascinated by the people of Ireland. "They're crazy," he explained.

Walker announced he will be teaching an Irish literature (English 30) class in the spring 1977 quarter. It will be offered at 10 a.m. on Mondays, Tuesdays, Thursdays, and Fridays with four units of credit.

Walker commented that Irish literature has usually been considered part of British literature. "There are organic differences between British and Irish literature," he pointed out. "Irish literature springs from a spoken tradition of story telling and ancient legends, while British literature is an outgrowth of written chronicles." Irish literature also has "a great deal of humor or light-heartedness and other peculiarities that are intrinsically Irish" which make it unique, he continued.

The material covered in English 30 includes works by James Joyce, W.B. Yeats, T.S. Eliot, Sean O'casey, J.M. Synge, Jonathan Swift and George Bernard Shaw.

Professor Walker said he became interested in Irish literature in 1949 when he took a course in romantic poetry at Bard College in New York. The class exposed him to Yeats' writing. He was "sustained for years" by Yeats' poetry.

After graduating from Bard in 1952, Walker "bummed around for four years," going through "five or six jobs" he recalled. The first job was as a purser on a luxury cruise ship. Next he was a flight attendant for TWA. He first visited Ireland during this time and realized it was what he had been seeking in his travels. Walker quit this job after what he claimed was his "third near-fatal plane crash."

# On the Spot

By COLLEEN CASEY and RYAN ATWELL

How do you avoid studying for finals?

**KRIS OLEA**  
(Medical Technology)

"I go shopping. I get really bored studying, so I go out and spend money. It makes me feel happy. I hate studying history, because its always changing. It's so much of a personal thing. I don't mind science, it'll last me the rest of my life. I'll never need history."



**DENISE ECKERT** (Art)

"I don't know what I do but I sure loose the time. I probably end up watching T.V. and then my boyfriend will come over..."



**CHRIS ST. JOHN** (Music)

"I like preparing for finals. I especially like my harmony class. I'm doing what I want to do."



**KEN EMMER**  
(Having a good time)

"Why should one take a class unless they want to prepare for the final. I don't believe in taking classes for the sole purpose of getting a diploma, especially if it's a class you don't enjoy."

**ANNE NACHTSHEIM**

"I like my Sociology class with Mrs. Green. Rather than avoid studying for it, I put it off until the last minute and read it all at the same time."



**LARRY IAQUINTA**  
(Music)

"I play my music instead of studying for finals. I also sit back and relax. Maybe, I'll play some poker. I avoid studying for lecture classes, they put me to sleep."

**AL DOMINGUEZ**  
(X-ray technician)

"I go to the Pacific Streamer and get drunk. I least like my Art History class. It's a four hour lectutre class."



# Coping with the energy crisis

By NANCY STEIN

Eating by candlelight and leaving the lights off are just some of the ways people have begun to deal with the energy crisis.

Wayne Johnson, a Foothill student, feels that we must find other sources of energy. He sees solar or nuclear energy as a possibility because we may run out of oil in 30 or 40 years.

"We have a limited supply of crude oil and we're using it up at a certain rate. Pretty soon it is all going to be gone," said Dr. Donald Leach, head of the Engineering Dept.. He feels the crisis is real, and it's reality is upon us. "It doesn't come and go like the flu. It seems to come and go because people's awareness of it comes and goes," said Leach.

"I think the last shortage was a hoax, just to get the money out of it," commented ASFC Senator Kevin Donovan.

Bob Kingson, the Associate Dean of Instruction, stated, "I think it was a political maneuver by the public utilities to drive the prices up and increase their share of the public dollar so they will get a larger share of tax

money and private money to spend. I think it is a propaganda campaign. It's a way of keeping the national interest away from serious questions about the economy and whether there is any direction to where the country is going."

"They are using hysteria and scare campaigns. For example, I think that we could have mobilized the resources of the country over the past five years to anticipate all the crisis problems we now have. We could have had either solar or atomic power that wasn't dangerous by this time. I don't think there needed to be any crisis at all."

Johnson feels we've been taking our resources for granted and that this time the shortage will last until we run out of oil.

Foothill student Phil Hildenbrand agreed that the energy crisis is a reality in our lives. The danger has always existed, in his opinion. We realize the danger now because it is beginning to effect our lifestyles more directly, he added. We notice the price of gas and how much it takes to heat our homes. "We have to stop being so wasteful," Hildenbrand concluded.

Donovan concluded, "I'm starting to drink less water and use more coke."

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# OCEANS

COURSES BY NEWSPAPER

by Heywood Hale Broun

HEYWOOD HALE BROUN has had a varied career as journalist, television and radio personality, and actor. In the 1940s he was a writer with the New York paper "PM" and with its successor, the New York "Star," contributing book reviews and humor columns as well as sports stories. He then turned to the theater and for 25 years has been a character actor on and off Broadway. In 1966 he accepted a position as "sports essayist" for CBS TV Evening News with Roger Mudd, appearing regularly each week. Author of a book on theater and sports, called "A Studied Madness," Broun has also edited his father's papers, "Collected Edition of Heywood Broun," and contributed frequently to popular magazines.

The dolphin, sacred to Poseidon, the pettish, bad-tempered sea god, is symbolic of a calm and friendly sea, and when we see him sporting gaily on the glinting surface of Poseidon's realm, we are reminded that the wide, wet roads of the seven seas are more than aquatic alleys of commerce. They are also paths to pleasure.

Who invented swimming? Who was the first of us to return to the element from which we sprang? Whatever ancient man it was who first cried, "Hey, Og, c'mon in. The water's fine," certainly felt a special pleasure. The blood chemist Leo Vroman said, "We sealed the seawater dragged out of the sea inside us, and have soaked our cells ever since in a world like the one we left millions of years ago."

Such being the case, we can be sure that Og dropped his club and splay-footed down the beach as fast as he could. We can be sure that he and his pioneer friend, being as much Homo Competitens as their descendants, had, before the day ended, set up a race course, perhaps from a reef to the protruding bones of a diplodocus which forgot to keep track of the tides.

## SWIMMING THE CHANNEL

Despite the fact that ocean swimming is perhaps one of the least complicated and most un-faillingly successful of the sensual pleasures, man the moody puritan seems determined to take it at its worst. Hence the steady flow of English Channel swimmers, plunging into the cold, grey, choppy water while

## 16. "From work to sport"

as heavily greased as the flag-pole at an old-time Fourth of July picnic.

J.B. Johnson was the first of these, making the attempt in 1872. Being, apparently, a sensible man, he remained in the water only 65 minutes, and it was left to Captain Webb three years later to manage the twenty odd miles by remaining in the gelid brine for almost twenty-two hours.

Progress, if the refinement of masochism can be so described, has since been rapid, and it is now a commonplace for the Channel swimmer to emerge at Calais only long enough for a handshake, a cup of hot broth and a fresh dressing of lard before plunging back for the return trip to Dover. Recently the Victoria Sporting Club of London presented a medal to a young American, Jack Robertson, who came within a half mile of swimming the Channel though paralyzed from the waist down.

A special medal would seem to be due those who plunge into the tainted and encrusted waters of the brackish Hudson River in attempts to circumnavigate Manhattan Island. Og and his friend may have lacked the daintiness trumpeted by deodorant commercials, but even their low foreheads would have risen at the sight of the fearful bouillabaisse which faces any swimmer who enters the water within reach of our urban sprawl.

Indeed even Thor Heyerdahl, whose adventurous crossing of the Atlantic on a bundle of reeds is so romantic as to move out of the realm of science, in which he classed himself, into the Quixotic world of those adventurers who have, like the Three Wise Men of Gotham, gone to sea in daringly unsuitable craft, discovered that the paper cup and the orange peel are harder to sink than such gallant vessels as the Hesperus and the Golden Hind.

If Leander, plunging into the Hellespont to swim to his beloved Hero, had encountered a Sargasso fleet of saturated cardboard boxes, he might have chosen to wait for the ferry. Still, then the lovers might have lived into a quarrelsome middle age instead of dying at the peak of their passions.

I don't know what Leander went through battling the fast-flowing strait, but swimming coaches have told me that this one-time romp through our old element has become the most painful of all competitive sports, requiring the practitioner to pass voluntarily through a pain barrier in which the lungs seem literally to be on fire, ending at last in a trance-like state where a



kind of delirium of exhaustion keeps the body from knowing what violence has been done it.

Perhaps Og and his friend would have done better to stay up in the shelter of the giant ferns looking for small amphibians of manageable size and reasonable taste. Still, for every competitive swimmer there are a thousand small boys enjoying the simple challenge of inshore waves, and a thousand old folk gently dipping themselves in the salty fluid which a variety of folk medicines prescribe.

## SINGLE-HANDERS

Less pain-ridden but closer to the danger of shipwreck and death are the sportsmen who dare the wrath of Poseidon with a little canvas, some scraps of wood, and bits and pieces of the knowledge that brought the wily Odysseus home across the sinedark sea. Some of them are brisk, no-nonsense people who do not realize how different they are from those who live lives of safe and deadening order.

Captain Joshua Slocum forthrightly called his book "Sailing Alone Around the World." No poetry for him, no "All I ask is a tall ship and a star

to steer her by."

He steered by an old alarm clock which he used as a chronometer and as to the great moment of departure in the rebuilt derelict Spray, he remarked like a man setting out on a trip to the grocery, "I had resolved on a voyage around the world, and as the wind on the morning of April 24, 1895, was fair, at noon I weighed anchor, set sail, and filled away from Boston."

Weston Martyr, whose "The L200 Millionaire" recounts a wandering life afloat, was almost Dickensian in his appreciation of the alternation of privation and comfort. "Sail all day in the wet and cold, then bring up in some quiet harbour and go below and toast your feet before the galley fire and you'll realize what bliss means. Travel in a steam-heated Pullman and then put up at the Ritz and see if you find any bliss there!"

Antithetically, Tom Follet, who crossed the ocean in what looked like two loosely-linked bananas to finish third in the '72 Single-Handed Transatlantic Race, had no slogan. "Certainly not 'because it's there.' I like heated rooms and feather beds,

clothes of silk and shoes of fancy leather . . . I do not like the North Atlantic Ocean. You figure it out."

Figuring out the sports that draw us back to the place where our rubbery ancestors lived is beyond a man who swims badly and can't sail, but Poseidon might say that the swimmer fighting a current, the sailor battling a storm, or the small boy protecting his sand castle with a desperate sand pail dam are all aware that they are essentially alone against a fascinatingly unpredictable enemy who can be, when sun, wind, and surf are right, a fascinating friend.

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# SENTINEL SPORTS



## Owls tip Laney in ninth

By STEVE TADY  
Sports Editor

The Foothill College Baseball team raised their league record to 2-3 with an exciting 8-7 victory over Laney College on Monday Mar. 14 at Foothill.

The Owls will meet Chabot College today at 3:00 p.m. on their own diamond.

Against Laney, catcher Damian Shine was the hero as he singled home Bill Linberg in the bottom of the ninth inning to break a 7-7 tie and win the game. Bouquet Shine was 2 for 4 on the day with 2 RBIs.

The Owls got their first run in the fourth inning when short-stop Bill Beneret forced home Tony Brewer with a ground ball. The next six Owl runs were scored without a single hit as they picked up three in the fifth and three more in the eight.

In the fifth inning the first two batters walked and were sacrificed along. Greg Lee scored when the pitcher made an error and after a fielder's choice Shine squeezed home Bruce Jensen.

The eighth inning saw Shine

lead off by reaching first on an error and Steve Dalton was hit by a pitch.

Benederet sacrificed them along and then Matt Maki flied out for the first out. Greg Lee walked to load the bases and then Brent Nakamura hit a grounder to short that was booted and that let in two runs. Greg Lee scored on a wild pitch later in the inning to close out the scoring and set the stage for Shine's heroics.

Laney came back to tie the game in the top of the ninth when they got two runs but Shine put the game away in the bottom of the ninth.

Laney committed 5 errors to help Foothill while Foothill had 4 themselves.

Mike Rice picked up the win for Foothill when he came in to relieve Bill Grilli in the seventh.

On Mar. 10th the Owls played West Valley College at Foothill and they were clobbered 17-1. The only run came in the ninth when Dalton singled home Bill Linberg who was the only hitter to have any luck against pitcher Keith Hayslip as he went 3 for 4 on the day. The Owls made six errors as only 9 of West Valleys' runs were earned. Mike Rice started and picked up the loss.

On March 4th the Owls traveled to San Mateo to take on the Bulldogs. The only man who seemed to be taking them on was Tony Brewer as he was 3 for 3 with 5 RBIs. The Owls lost 13-6.

Brewer singled home Bruce

Jensen in the fourth and doubled and scored a run in the sixth and hit a home run in the eighth inning as he accounted for almost all of the Foothill scoring.

Brewer, who is fresh off a state championship in wrestling plays third base for the Owls.

Jim Ulvang started for Foothill and Randy Harrell, who played his prep ball at Los Altos High with Damian and Greg Lee, finished up.

## Women afloat, men miss boat

By MATTHEW BENJAMIN

The Foothill College mens swim team suffered its first defeat of the season to West Valley last Friday 72-40, while the womens team remained undefeated winning 62-30.

The men triumphed over the College of San Mateo earlier in the week 71-34. The men's Golden Gate Conference record is now 3-1 and the women's is an unblemished 4-0.

The Owl swimmers met Diablo Valley College and San Jose City College earlier this week.

"We beat San Mateo pretty easily," coach Dennis Belli said, "but I was hoping our meet against West Valley would be closer."

Belli singled out Shawn Bohnert, Mark Sulger and Kelly Lynn for having a good meet against San Mateo.

Bohnert scored a double victory against San Mateo in the 1000 free (10:21.1) and 200 fly. (2:00.5) Bohnert is a valuable asset to the team because, "he's so versatile," according to Belli. His time in the 200 fly is the 4th best in the state this year.

The 400 meter medley relay teams time of 3:42.5 is the 5th best in the state and Belli has high hopes they could break the national record.

Lynn's time of 2:03 in the 200 fly is the 7th best in the state.

Olympian Bob Jackson holds several of the top times in several events but Belli knowingly claims, "they're not indicative of where he'll finish at the season's end."

Bill Antonelli swept both the 1 and 3 meter diving events against San Mateo.

In the meet against West Valley Mark Sulger, "had the best meet of anybody," winning the 50 free (22.8) and the 200 back. (2:03.3) Sulgers victory in the 50 free was accomplished despite what Belli laughingly called, "the slowest start off the blocks I've seen in years." His time in the 200 back was the 4th fastest in the state.

Bohnert and Lynn finished one, two in the 200 fly with a winning time of 2:00.7. Jackson lost the 1000 free, not his best event, as he pushed his opponent to setting the top time for the event in the state.

## Macias takes over

By MICHAEL TORCELLINI

Having to turn to incoming talent this season, Foothill's state championship tennis team might have its most difficult time in the Golden Gate Conference in three years.

Owl coach Dixie Macias, taking over for Tom Chivington who is on sabbatical, insures however that, "we have a reputation for being winners and we intend to live up to it."

Macias, an assistant to Chivington the past two years, must build his squad around a young team composed of three freshmen and three veterans in

the top six seeds.

Dick Jones, Rod Goldberg and Rory Federico represent the Owls' experience.

Federico, who sat out last year with an injury, was a State singles finalist in '75.

The remainder of the squad includes sophomore Ralph Saviano and freshmen Greg Ulrich and Rod Kiner.

Hampered by the lack of experience, the Owl netters started the season off slowly dropping matches to Canada (8-1) and West Valley (5-4) before getting on track and knocking off San Mateo College 9-0.



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