

The Foothill College SENTINEL

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May 23, 1986

NASA offers 'hands-on' training

By RAY GUTIERREZ

Have you ever thought of being a pilot or possibly an astronaut? Does the thought of researching a project that may improve the performance of the space shuttle interest you? If so, a program sponsored by NASA/Ames Research Center can make it possible.

"The purpose of the program is to give students exposure and 'hands-on' experience in the field that they are interested in," said Peggy Schmitz, program coordinator of NASA/Ames.

NASA/Ames Research Center is located near Moffet Field in Mountain View. Though the center has existed for 11 years, very few people know about the internship program, according to Schmitz.

Students are eligible only if they are attending Foothill or De Anza. Currently there are 60 students and 23 are from Foothill.

To qualify for the internship students must 1) have two faculty references from instructors within their major; 2) have completed a minimum of 12 units at Foothill or De Anza; 3) have at least a 2.5 grade point average; 4) continue to be Foothill or De Anza students for a calendar year; 5) be available to work 20 hours a week during the school year and 40 hours a week during the sum-



Rob Patterson schedules the departure for the latest American espionage plane at Moffet Field.

mer; 6) be seeking their first college degree.

Foothill student Rob Patterson is currently training to be a flight operations assistant. He has learned to monitor aircraft communications and provide support for flight dispatch. He assists in flight scheduling and maintains flight records and pub-

lications. "I've learned a lot of things, met a lot of people and made contacts in this field," said Patterson. "I've just been accepted to the Navy's Officer Program."

During the academic year students in the program work 20 paid hours a week and 40 in the summer.

Pat Kidd, engineering major at Foothill, is enrolled in the program and now working side-by-side with professionals in modifying the ability of lasers.

The internship is only for one year and is designed mainly for students who wish to go on to a four-year university to complete their degree.

Career guidance on June 3

By MICHAEL WASYLYSHYN

Will you have a fulfilling and happy working life? How will your future unfold? Are there some things a student can do to prepare? Last week Jean Bray of the Career Counseling Center provided some answers to these questions.

Bray said, "Many people pursue jobs and careers for the wrong reasons like money and prestige. But the really important questions to ask about a career or job are: 'Is this really something I will like to do? Can I develop the talent or learn enough about the field to be good at it and proud of the work I do?'"

"Know thyself," goes the ancient Greek maxim. And it is wise advice, except statistics show it often takes people three or four careers before they find their niche in life.

Bray said, "The average age of people going through Foothill's Career Life Planning 70 and 71 courses is 31. These people are making career changes. Eventually people we saw as students in their 20s may return. Their interests have changed or the job market has changed. They find that their lives are not working well enough and they ask, 'Is it time for me to do something else?' Perhaps a job offering more satisfaction, more fun, more money or less stress is desired."

"We will all experience such changes. The Career Counseling Center is here to help people find successful ways of dealing with the change process.

How can a student at the age of 20 or so know that the career he or she picks will be the right one?

Bray answered, "You can only do your best by trying to discover what your real interests are, your skills, determine what kind of lifestyle you want to lead, where you want to live. These are all questions we ought to ask ourselves to find out exactly who we are and what we need and what we can do."

Why is the age of Career Counseling students in the 30s?

Bray said, "There are a lot of jobs out there that are not necessarily fulfilling. People in these jobs must concentrate on the positive aspects of their work if they are unwilling to change and remember that no situation is perfect. But people in very unsatisfying jobs may be afraid to change, the years go by, they are in their 30s or older, family obligations come up and they won't take the risk to start over in something new that might pay less, even though it may make them happier. People get made into something they never anticipated and end up asking themselves, 'How did I get here?' It's not bad, it's just change. (Continued on page 3)

Women's quest for 'Big O' continues

By SHELLEY SIEGEL

"A woman's sexual capacity is 10 times that of a man's and yet, it was discovered after research, that 47 percent of women achieved orgasm only after 20 years of marriage."

This shocking statistic was revealed by Toni Ayres of the San Francisco State counseling department in a seminar entitled "Becoming Orgasmic," last Friday as part of Women's Week.

Approximately 10 women attended the informal talk in Library 8 which included discussion of the basic history of sexuality.

"Boys develop physical as

well as psychological bio-feedback as to what turns them on," said Ayres. "They see a pretty girl and might have an uncontrolled erection, hence a 'beeper'."

On the other hand, young girls do not develop any obvious specific physical response when they see a good-looking guy. "The girl is not reinforced or taught that this is what turns her on. There is no 'learned beeper'," Ayres stated.

Ayres emphasized the need for each woman to discover what stimulates her.

One very important condition to become orgasmic is to

learn to let go of sexual inhibitions.

The topic of "letting go" brought up a very important issue: the negative feelings many women have about their bodies. Society has generated the "perfect body syndrome" and pushed it on us. As a result, many of us are uncomfortable with the way we look.

Ayres stressed that becoming orgasmic is a learned response and takes trial and error. "Allowing orgasm to happen does involve a certain degree of vulnerability because the woman is sharing the most intimate functions of her body and this can

be very scary unless she can trust her partner with her vulnerability."

Ayres added that it is the fear of losing control of our bodies that is the major inhibitor of orgasms.

"Women must learn to say what they want and need," said Ayres.

"A common problem," Ayres continued, "is that penetration occurs too early and then the male finishes, rolls over, and the woman is left getting very little out of the experience. Partners should be patient and take their time. Patterns need to be established and the mind (the major sex organ) needs to be 'on the groove'."

Many women are not acquainted with their own bodies, said Ayres, particularly their sexual organs.

Another obstacle to becoming orgasmic involves mental distractions while having sex. Ayres jokingly but genuinely suggested putting the woman on "top." "Not only will she not concentrate on the cobwebs on the ceiling, but will be in a better position to be stimulated more effectively and will be in control. Distraction is so un-erotic."

The last topic discussed was how smoking and medications or drugs can inhibit sexual response in both the male and female. "One needs to let go and enjoy oneself," Ayres concluded.

Everyone talks about it, but...

By GEORGE EDLUND

Even if you can't do anything about the weather, at least you can tune in a new weather radio on Campus to find out what is going on.

Les Jordan, Foothill meteorology instructor, recently installed a National Weather Service radio between the Student Center and Campus Security for use by all students.

The weather station cabinet containing the radio also displays a dial thermometer, a max./min. thermometer, and a barometer. To hear the continuously broadcast reports from the National Weather Service in Redwood City, simply press the switch on the bottom of the

radio.

Reports cover an expanded bay region from the beach at Santa Cruz to Lake Tahoe. Surfers may find the marine conditions (wind warnings and swells) from Pillar Point interesting, and skiers can learn snow levels and weather conditions in the Sierras. Pilots in the area have long found this service very valuable.

Jordan's meteorology students monitor weather data at several Campus locations. Some instruments are visible to the general student body. The wind speed and direction can be read in the window of E-55B, and the anemometer doing the measuring can be seen spinning over-

head on the roof. Inside, there is a range of sophisticated instruments, including a microbarograph recorder, a mercurial barometer, and an aneroid barometer.

Jordan's students also monitor the trace thermometer, aneroid barometer, hygromograph and a max./min. thermometer in the instrument cabinet between the two engineering buildings. They keep a continuous weekly log of readings and calculate relative humidity as part of their class assignments.

Jordan, a retired National Weather Service meteorologist, hopes the students will enjoy the new weather radio and perhaps renew their interest in the weather processes around us.

EDITORIAL

ASK ELYSE

(Dr. Elyse Barnett-Musen
Foothill Health Counselor)



Need for calcium supplements

QUESTION:

I am confused by all of this talk on calcium supplements. Could you please elaborate on the available products?

ANSWER:

Calcium supplements may help to prevent osteoporosis (brittle bones). Studies suggest that women can continue to increase their bone density until age 35 if they have a high calcium intake and/or perform regular weight-bearing exercise.

After menopause, these same measures can possibly off-set bone reabsorption. Anyone taking diuretics (water pills) or having a history of kidney stones should consult their physician before taking calcium supplements.

Premenopausal women need 1,000 mg. of "elemental calcium" per day, the equivalent of over one quart of milk daily! For postmenopausal women there is a daily recommended dose of 1,500 mg. of calcium.

When selecting a calcium supplement, take care to notice misleading labels. "Calcium 1,000" may not have 1,000 mg.

per tablet. A single tablet may have 1,000 mg. of calcium, but only 500 mg. of "elemental calcium." Sometimes the fine

print reveals that you get 1,000 mg. of "elemental calcium" by taking 6 tablets per day. You want to get 1,000 mg. of "elemental calcium," calcium that can be absorbed by your body.

A few calcium supplements are not recommended. Bone meal or dolomite have been contaminated by arsenic, mercury and lead; although these are excellent sources of calcium, they should be avoided.

Calcium supplements fortified with other vitamins and minerals are also an unnecessary expense. (A woman who does not consume dairy products on a daily basis and does not get regular short sun exposure might consider a 400u Vitamin D supplement.)

Next week's column will discuss ways to calculate your daily dietary intake of calcium.

Campus security applauded

Editor:

In response to many letters concerning campus security, it should be pointed out that security does an excellent job of being both helpful to students and maintaining order on campus.

Our society does not seem to be able to function without some kind of security force; Foothill is a "mini-society," and is certainly not utopian, therefore it is not possible for us to function without some kind of security force also.

—Katie Hauser
Foothill Student

Mooney rebuts coverage

Editor:

In response to the article about the ASFC pool party in the May 16 issue of the SENTINEL, it is my belief that the article was a poor example of investigative journalism. There were many areas that were purely speculative on the part of David Hardegree.

The paragraph containing the derisive comments about the physical appearance of Ben Respicio was particularly bothersome. Apparently, Hardegree has never heard the adage, "Beauty is in the eye of the beholder."

As far as "acts of mercy toward other contestants," or "parading entrants in front of the audience," the emcee says and does only what he or she is told. If there truly was confusion about my motives, a good journalist would have asked for an interview. A good journalist would also report *all* the facts. There was one other such exposure that was not mentioned in the article. Maybe that is due to the fact that, by his own admission, Hardegree is prejudiced against MALE swim suit competitions.

I found the written implications about my actions entirely offensive. And, as for where to meet you, David Hardegree, don't hold your breath.

—Peggy Benenato
Foothill Student

Frankly Speaking

by Phil Frank

THE SENTINEL APPRECIATES THESE OPPOSING POINTS OF VIEW AND THE GENUINE CONCERNS OF OUR CRITICS. NOW GET LOST!



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SENTINEL accused of 'dirty' pool

Editor:

As a student at Foothill I have watched with growing disappointment the direction the SENTINEL has taken over the past two years. While I am a strong supporter of the press and against censorship of any kind, I believe that freedom should be tempered with self-imposed restraint and responsibility.

Not long ago, the students at Foothill witnessed their paper used as a forum for personal attacks in a conflict between a former SENTINEL editor and a former ASFC president. More recently the paper picked up its poisoned pen in an extremely one-sided crusade against Campus Safety. I believe it is the duty of the paper to disseminate information on policies that affect the students as in the case of Campus Safety. But certainly more emphasis should be placed on objectivity, not sensationalism as found in the "supermarket tabloids."

The most recent example of the SENTINEL's negative style of reporting is an article written by David Hardegree titled "ASFC Pool Party a social splash for the unabashed." The very first sentence caught my attention when Hardegree listed, "personal gratification from the humiliation of others" as a criterion for a good time. I passed the remark off as an attempt at satire. Reading further it became obvious he was quite serious.

It seems that during the women's swimsuit competition one of the contestants "mooned" the crowd. Hardegree's treatment of this event showed an alarming lack of sensitivity. He took a harmless and good-natured prank and tried to make callous sexual innuendo. Perhaps Hardegree in his exuberance forgot that there is a person with feelings that could be hurt as a result of his slanderous insinuations. There was nothing "dirty" about what happened at the pool party. What is "dirty" is a person deriving pleasure from the "lost of dignity and humiliation of others."

The woman involved in the pool incident deserves an apology, as do the male swimsuit competition participants who were also victimized by the article. As for the SENTINEL, it can best serve the students by remembering that opinions belong on the editorial page, not on the front page under the guise of a news story.

—Jim Liles
Foothill Student and
Bookstore Employee



CAFETERIA MENU WEEK OF MAY 26-MAY 30

MONDAY, MAY 26 HOLIDAY

TUESDAY, MAY 27
Roast Beef
Mashed Potatoes w/Gravy
Vegetable
Chili Dog
French Fries

WEDNESDAY, MAY 28
Spaghetti w/Meat Sauce
Garlic Bread
Vegetable
Hot Turkey Sandwich
Mashed Potatoes w/Gravy

THURSDAY, MAY 29
Chinese Platter
Fried Rice
Enchilada Pie
Salad

FRIDAY, MAY 30
English Fish & Chips
Cook's Choice
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The Foothill College

SENTINEL

The SENTINEL welcomes letters. All letters must be typewritten (double-spaced), be restricted to 300 words or less, and be signed. Your phone number would be appreciated so that our editors can verify points of information.

The SENTINEL is a student newspaper published weekly on Fridays during the academic school year by Foothill College, 12345 El Monte Road, Los Altos Hills, CA 94022.

Opinions expressed are not necessarily those of the college or student body. Staff members are students enrolled in the journalism program at Foothill. The SENTINEL staff is located in M-24; telephone 415/960-4372 or 960-4261. Advertising rates are available upon request.

Editor-in-Chief, Lori Reno; City Editor, Rhoni Gilkey; News Editor, David Hardegree; Features Editor, Deborah Smith; Sports Editor, Will Bailey; Advertising Manager, Lori Reno; Circulation Manager, Dan McQueen; Journalism Staff Assistant, Alison Wilson; Adviser, Herman Scheiding.

CAMPUS NEWS

Instructor gives talk on Islamic mosques

By MICHAEL WASYLYSHYN

Gordon Holler, Fine Arts instructor, gave a fascinating and thorough talk on Islamic Mosques last Tuesday in Library 8. During his sabbatical last year, Holler went to the Casbah and spent several months touring Mid-Eastern Mosques in Baghdad, Jerusalem, Damascus (where the head of John the Baptist rests) and other Muslim cities.

He prefaced his lecture with thanks to the College system for making the sabbatical possible. He said sabbaticals provide an opportunity for instructors to find new and refreshing approaches to their fields and improve and educational experience with a crisp outlook.

Over 60 students, staff, visitors and faculty sat in rapt attention to the presentation.

Holler revealed many interesting points regarding the Mid-Eastern culture and faith which is Islam.

Islam was revealed to the world by Mohammed in the Seventh Century A.D. He was the son of an extremely wealthy family and he suffered a great deal of scorn and cynicism regarding his preachings. The concept of one God ran counter to the polytheistic religions that prevailed in Mecca, and Mohammed's own family and friends worried that the new religious concept would steer caravans away from the trade route that the city of Mecca was located on.

After 10 years of preaching and wandering around Palestine, Mohammed and the Islamic faith became widely accepted. Muslims regard Islam as the natural and final spiritual successor to Judaism and Christianity.

Holler said when the Muslims conquered the Mediterranean and Mid East between 700-1000 A.D., they converted Christian churches they found to Islamic Mosques but left half of

each church building to Christians who chose to remain faithful. The two faiths were then practiced side by side.

Holler used two slide projectors for his slide show, providing an original and fast moving visual presentation. The Mos-

ques were majestic to see and Holler's explanations were appreciated as the audience's applause indicated.

Another curious fact concerns the Dome of the Rock in Jerusalem. It was on this rock that sacrifices of lambs were

made in biblical times. Holes drilled in the rock at that time, which are still visible, enabled the lambs' blood to run through the rock and drip down upon the worshippers beneath to "cleanse" them.

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Foothill falls short of State titles

By WILL BAILEY

The Foothill men's and women's tennis teams tried to help Foothill become the first California community college to win the state title in both programs in Camarillo on May 15, but suffered identical 6-3 losses.

Foothill women (15-2) lost to undefeated Palomar (21-0). The men (15-4) lost to Grossmont (20-2).

In the state individual tournament, the women finished fourth while the men finished second in team points to Grossmont 10-9.

Foothill track team members competed in the state finals last Sunday in Walnut Grove with Dave Campbell finishing second in the 800-meter run with a 1:47.28 time and Heta Umufuku placing first in the javelin with a throw of 150-7.

Foothill was unable to place in the top five as a team in men's or women's divisions.

CAREER CENTER

(Continued from page 1)

In this community, technological change eliminates jobs and changes lives all the time."

The Career Counseling Center is here to help people deal with change effectively and help them make the leap to the next stage of their life, through testing, counseling, analytical interpretation of personality assessment tests, interviews with employers, internship programs, identification and transfer of skills to more suitable jobs, retraining and re-entry job programs for people who have not been working for some time.

There will be a Career Counseling Day on Campus June 3. Students may sign up anytime for personal, academic, career counseling, college search help and computer interactive assessment tests.

The Career Counseling Center is located in the Admissions and Records Building and helps over 2,000 students each quarter.

Registration starts Friday, June 13, at theatres everywhere.



A PAPER CLIP Production An ALAN METTER Film

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ON THE SPOT

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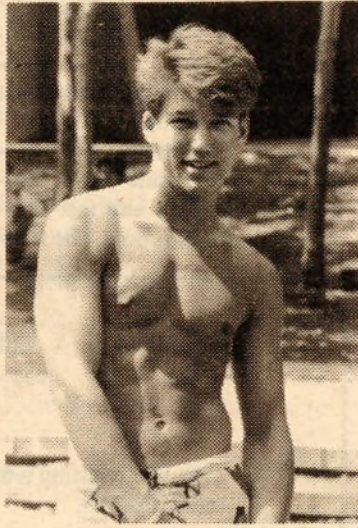
By SHIRIN MONAZAH & KEN BARTON



JASON C. LEWIS
(Cave Painting):
A bunch of Stanford jocks watching my band (Armistice) perform.



DIANA LAPSON
(Communication):
Someone running after a bus for two kilometers.



CHRIS LIGTENBERG
(Mechanical Engineering):
Shirley winning the third place in the swimsuit contest.



HEIDY RIVAS
(Physical Education):
Someone losing their car in the parking lot.



AL WILLIAMS
(Sociology):
My friend putting his head through a glass window, a wall and a closet door in the same day.

POLICE BLOTTER

By RAY GUTIERREZ

MONDAY, May 12

11:41 a.m. I. Gonzalas notified Campus Security that someone had vandalized the EOPS office. Officer Cole investigated and took a report.

1:21 p.m. Officer Randall responded to a burglary reported in the men's locker room. A report was taken.

1:22 p.m. T. Sullivan reported a 10-speed bicycle in lot 6 was stolen. The theft occurred by the left wing and it appears that the thief cut the chain and stole the bike. Officer

Cole took a report.

TUESDAY, May 13

10:33 a.m. A bicycle, estimated to be worth \$500, was reported stolen from the left wing. It appeared the thief cut the lock off. Officer Cole took a report.

WEDNESDAY, May 14

8:00 a.m. An illegally parked vehicle was reported in lot 2 by R. Kuechle. Officer Randall responded but was unable to locate the owner of the vehicle.

12:27 p.m. A skateboarder was cited by Officer Randall in

lot 4. After a verbal warning, the individual was released.

2:41 p.m. A traffic accident occurred in lot C. S. Thomas, Owner of one of the cars, notified Campus Security. Officer Cole responded.

3:00 p.m. Officer Noreiga responded to a burglary reported in the men's locker room.

FRIDAY, May 16

3:33 p.m. Officer Noriega discovered a possible abandoned vehicle in lot C. After attempting to find the owner, he chalked the vehicle.

7:04 p.m. An athlete was reported ill in the track area. Officer Noriega responded and notified the Los Altos Fire Station. A report was taken.

Faculty recitals planned

By SHIRIN MONAZAH

There will be two faculty recitals held in Appreciation Hall on May 22 and May 27. The recitals will begin at 1:30 p.m. and are free of charge.

The theme of the first recital, on Thursday, May 22, is jazz. Music instructors Terry Summa and Nile Norton will be joined by graduating music majors, Jennifer Sevison on piano, Andy Butler on bass and Tim Hilborn

on drums.

The program will include "Baroque and Blue" by Claude Bolling from "Suite for Flute and Jazz Piano," "Medley from Black Orpheus" by Luiz Bonfá, "Summertime" from "Porgy and Bess," by George Gershwin, "Joy Spring" by Clifford Brown, "Wendy" by Paul Desmond, "Brazilville," by Charlie Bird, "Polka Dots and Moonbeams" by Jimmy Van Heusen and "What is This Thing Called Love," by Cole Porter. "Summertime" and "Joy

Spring" will feature Nile Norton.

The second recital, on Tuesday, May 27, will present the relationship between music and poetry. Nile Norton will present a lecture and demonstration on word painting in art and song.

CLASSIFIED

The Foothill SENTINEL runs free classified ads for students holding a current Owl Card. Ads will run for two weeks initially.

Bring ads to the SENTINEL office (M-24) on Mondays from 1:30 to 2 p.m. Extension requests must be made at this same time.

Ads are 25 words or less; the first name and telephone number must be included; content of ads is subject to SENTINEL approval.

—FOR SALE: '68 Chevrolet stationwagon for the person who wants a tank. \$400/best offer. Call Hans at 415/948-1810.

—TWO CATS looking for a good home. Both cats are three years old and have been neutered. One is gray, brown and white, the other is solid black. If you could provide a good home for these cats, please contact Tom at 408/996-8305.

—1960 DORCETT BOAT, 65HP, Mercury, motor excellent cond., needs body work. \$1,200. Toni, 408/736-4129, evenings.

—NEED HELP WITH YOUR FRENCH? I am French and can help you with speaking the language as well as with vocabulary, grammar, pronunciation, writing papers, spelling, etc. Beatrice, 415/967-5860, eves (keep trying!).

MOVING SALE: '80 HONDA trail bike (110cc, 85 mpg & 50 mph), \$350. Also, Queen WATERBED (capt.-pedestal w/8 drwrs., waveless mattress, heat pad, 2 liners, & headboard), \$225. Call 415/941-0935.

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